

# Building Exercise Into a Busy Schedule

For most of us, there never seems to be enough time in the day, especially when it comes to exercise. Life is unpredictable, with work, kid's schedules, appointments, social events, sickness, tiredness or plain lack of motivation stealing time away from us. But, the fact is, if you take a deeper look at your daily schedule, you can find time to exercise. Fitting in just 10 minutes of continual exercise here and there throughout your day gives you several health benefits, including improved mood and energy level. The key is making exercise convenient. Remember, all physical activities, not just formal exercise program at the gym, add up to a healthier you. Here's how:

## At Home

- Wake up early and spend an extra 15-30 minutes walking or performing other exercises before work.
- Do housework and yard work at a pace fast enough to get your heart rate pumping. Set a timer and see how much you can accomplish.
- Be active while watching your favorite shows or during the commercial breaks. Do jumping jacks, pushups or marching in place with hand weights.
- Take a walk or go bike riding after dinner with the whole family. Or take the dog for a walk.

## Exercise at Work

Schedule a break or use part of your lunchtime to walk around or to exercise at your desk:

**Chair squats:** Stand up and sit down in your chair without using your hands. Progress to barely touching the seat with your rear end.

**Standing leg curl:** While standing (use a chair or desk for support if necessary), extend one leg behind you. Flex your foot and bend your knee, bringing your heel up towards your rear end. Squeeze at the top before lowering the leg.

**Desk push-ups:** Position yourself in a plank position, hands slightly wider than shoulders on the edge of your desk. Keep abdominals pulled in to support lower back. Slowly bend at the elbows and lower your nose toward your desk. Push back up to start and repeat.

## Exercise During Everyday Activities

- Park your car farther away from your destination and walk the extra steps to work, stores, appointments, errands
- Take the stairs instead of the elevator every chance you get
- Spend time actively playing with your children or grandchildren
- Walk in rather than use the drive-through window
- Carry bags to your car instead of using a shopping cart
- Anytime you're standing in a line, contract your abs 10 times and then your glutes ("back end" muscles) 10 times
- If you take the bus or the subway, get off at an earlier stop and walk the remaining distance to your destination



**COMPSYCH®**  
GuidanceResources® Worldwide



24/7 Live Assistance:  
Call: 877-527-4742  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: State of Delaware

