

[IMAGE]

No Better Time to Exercise Than Now

By Editorial Staff

We've said it before, are saying it now and undoubtedly will say it again: When it comes to exercise, you have to find time, make time and save time or invariably, you'll have *no time* left in your busy day, week, month or year to make it happen. Regardless of how hectic your life is, here are four simple ways to ensure exercise doesn't drop off your daily To-Do List.

Rise and Shine. With the exception of extra sleep, which is important for health in its own right, few things should beat out exercise first thing in the morning. Don't even consider it part of your To-Do List and you won't be tempted to prioritize something else and push your workout farther down the list. Start the day with exercise and you'll feel invigorated, if for no other reason than knowing you've gotten it done.

The World Is Your Gym. Too many people think that if they don't make it to the gym or hit the open road for a 5-mile run, they can't meet their exercise quota. Pure nonsense; after all, physical activity existed long before fitness clubs and fancy workout equipment did. Walk from work to lunch and back; take your dog for a jog; do push-ups with the kids; there are endless ways to stay active even during the busiest of days.

exercise at home - Copyright © Stock Photo / Register Mark **Two Is Better Than One.** You want to go to the gym, but dread that it will consume precious hours of your time? Here's what you can do: Circuit train, which means working out different body parts one after the other with little or no rest. (Many gyms have an equipment "course" set up for this very purpose.) You can also "superset" exercises, combining biceps and triceps routines, for example. It will make for a more productive workout in less time.

Don't Go It Alone. If you're motivated to exercise on your own, great; but if you're one of the millions who struggle to stay the course (whether it's exercise, diet, quitting smoking, etc.), it's not cheating to recruit a little help. Schedule workouts with a friend or office acquaintance, join a walking or running club, or even pay for personal training sessions at your gym (or home, if you can afford it); whatever it takes to ensure exercise stays front and center.

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