

[IMAGE]

Time-Saving Tips to Improve Health and Well-Being

By Editorial Staff

1. DON'T WAIT FOR A RAINY DAY Procrastination does little good for your mind, body or soul, although at any given time, the procrastinator thinks they're doing themselves a service by putting something off until "later." The problem is that while you may not be doing it (yet), you're thinking about it and worrying about it not being done, or doing it halfway and the ending up with even more to do. A classic example: not getting regular health checkups. You put off that visit to the doctor even though you're in pain or know it's time to have your blood pressure taken, cholesterol checked, etc. The longer you go, the more you worry about it - and the greater the likelihood that if something is wrong, it will take considerable time and effort to correct. The message is simple: Save time later by doing it *now*.

2. YOUR HOME IS YOUR GYM No, we don't mean turning your pristine home into a maze of weight racks, elliptical machines and other gym equipment. We *do* mean that staying in shape requires a time commitment, and for many people, rushing to the gym at 5:00 in the morning or 9:00 at night doesn't work, especially in the long term. Add to that the daily rigors of work, family and everything else, and you can see why so many people quit working out after an encouraging start. The time-saving solution is to invest in a few simple pieces of equipment, e.g., a chin-up bar, an exercise ball, and some rubber bands and tubing, so when you don't have time to go to the gym, the gym can come to you!

Time-Saving Tips - Copyright © Stock Photo / Register Mark **3. A LITTLE ORGANIZATION...** Lack of organization may be the most time-consuming scenario of all. Consider how much of your life is spent looking for things you put "away" without putting them in the right place. Taking the time to organize your life - from your bills to your garage to your kitchen cabinets to your daily agenda - will save you more time than you can imagine, and you'll feel great doing it.

4. COOK NOW, EAT LATER We live in a society that rewards poor preparation, particularly when it comes to food. Witness the fast-food restaurants on every corner, the microwavable meals in the frozen section of the grocery store, and even the "already cooked" items ready for your immediate consumption. (How does that work?) If you're trying to avoid all that, you'll often end up scrambling to prepare meals after work or while trying to get the kids off to school. Save time (and sanity) by doing some of the prep

work on the weekend: cook lean meat or fish, steam veggies, boil brown rice or whole-wheat pasta, and you'll have days worth of meals ready to go.

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