



Tip#9: Squeezing Exercise Into Your Schedule

Adapted from WELCOA

• • • This Week's Challenge

Never pass up an opportunity to walk. This may involve always keeping your walking shoes with you, so when the opportunity arises...walk it.

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Clockin' In

Busy, busy, busy. Everyone is fighting the time crunch these days, and in the rush to fit in the rest of our lives, our workouts often get the short shift. Don't let your exercise routine fall to the bottom of your priority list—making time for exercise is not as difficult as it seems. When you break down your day you will be surprised at how much physical activity you can fit in—even if it just means 10 minutes at a time.

Put it on paper

When you have a dentist appointment, you write it in your planner. It's the same with business meetings. Why not schedule a time for your workout? Put it in your planner and stick to that time slot.

Look for small blocks of time

You don't need 60 or 90 minutes to get a good workout. A simple fitness routine can take as little as 20 minutes. Search your daily routine for small periods of downtime, and then make them count.



Early bird workouts

Set the alarm one hour earlier and go for a walk. It may take a while to become accustomed to the new schedule, but you may discover that early morning workouts compliment your schedule.

Walk 'round the block

Sometimes the best time to exercise is at home after work. Taking a walk around the neighborhood is convenient and inexpensive, when compared to the time and money put into a gym membership.





Workin' it at Work

Lunch 'n burn

Instead of using your entire lunch hour to eat, try splitting the time you have to squeeze in a quick walk. Not only do you get the added benefits of exercise, you may also be more energized for the afternoon ahead. If you want more of a workout, try participating in one of the low-cost fitness classes offered at various worksites. You can find a location near you by visiting the Employee Wellness Calendar page. Don't see a class near you, but have 6 or more interested employees? Contact [Employee Wellness](#) and we will be happy to start a low-cost fitness class at your worksite during your lunch break.

Take the scenic route

Whether it's to the restroom, water cooler, or copy machine, take the longest way possible to get there—even if it means going to another floor.

Walk it out

Rather than holding a sit down meeting or brainstorming session, try having it over a walk. You may find that being on your feet can stimulate good ideas.

Every bit counts

Climb the stairs to that meeting instead of taking the elevator, park your car farther than you normally would and walk the extra distance, or walk down the hall to talk to colleagues instead of calling them on the phone.

Five Questions

Here are five questions for you to consider as you progress through this challenge.

1. Do you notice benefits from your changed behavior?
2. Do you exercise to combat stress, or even a bad day?
3. Is exercise a time for you to go through the thoughts/feelings of the day, or is it a time when you can just "space off"?
4. Does having others exercise with you help you to stay on track, or do you prefer to exercise alone?
5. Have others made comments to you about any positive behavior or physical changes since you have started the program?

