Ways to Fit in Exercise With a Busy Lifestyle

One of the most challenging things about being able to fit a workout into your day is the fact that there are only 24 hours in a day. Time is the one thing that is entirely non-negotiable when it comes to daily life, so making time to take care of your physical body takes tie in itself, but how you do find the time to exercise when you have a busy schedule? This article will be sharing a few tips on how to make that happen.

**Exercise in The Morning**

We all know that mornings can be intense, especially if you are a parent, but what you can do, is simply wake up 15 minutes before everyone else. That way, you will be able to get a few stretches, pushups, crunches and some jumping jacks in before anyone is up asking you for cereal. Doing a few short exercises will also help you to jumpstart your metabolism and get your day off to a strong start.

**Keep A Schedule**

When you’re busy a lot, you probably already rely on schedule to make sure that you’re getting all your daily work completed. Instead of only budgeting time for your work tasks, try also including some time for some exercise. This can help to perk you up around that time, and it might be an appropriate time to put some mid-day workouts in there.

**5 Minute Lunch Workout**

If you work a very long day and you know you have already missed your morning window to work out, you can use a part of your lunchtime to get a quick 5-minute workout into your day. Before you eat lunch, you can drop and do 20 pushups, and 15 crunches in no time. And still have time for a short break between both of those. These could help you to maintain physique or nakedness in between major workouts.

**Exercise Before Bed**

If you have very little time before, or during work, then one time that you will always have is before bedtime. When you feel yourself getting tired, you can take the last 15 - 20 minutes of your night to give yourself a nice short work out. If you’re watching TV at that time, you can work out during the commercials. This will relax you, and put you in a better physical state to be able to sleep. Use more slow exercises now though or you might get woken up.