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Finding Time to **Exercise**

*Interval training:
Less time,
faster results*



Interval training may help you get more exercise if lack of time keeps you from being active.

This added-value workout involves short bursts of heart-pumping, intense activity followed by longer periods of less intense work. The easier interval is described as **active recovery**. It gives your heart a rest, but you're still working.

Running for 30 seconds followed by walking for three minutes for a total of 30 minutes is a typical example. To make it simple, you could run one block, then jog or walk the next 3 or 4 for 30 minutes.

The technique can also be used with biking or swimming. Be sure to get your health care provider's OK if you have high blood pressure, heart disease, or are older than 60.

Morning, noon, or night: Find an exercise time that's right

What workout time works best for you? Taking into account family commitments, work schedule, and the fact that your body has its own clock, here are a few things to consider when deciding what time of day might work best for you.

If you don't work a regular 8 to 5 schedule, consider these suggestions as shortly after you wake up, your midday, and after you get off work.

You may be better off exercising in the morning if:

- You have a hard time sticking to a workout routine. Those who move first thing in the morning are more likely to make it a habit.
- You have a highly unpredictable daytime schedule. Best intentions are great, but stuff happens.
- You thrive on that physical rush to get your day going.



You may be a candidate for noon-time movement if:

- You need a friend to help motivate you. Workmates can be excellent cheerleaders.
- You are often victim to afternoon lulls in productivity. A little movement can turn the whole afternoon around.

Try evening if:

- You want to have a bit more endurance or strength during your activity. Science is showing endurance or strength can increase as the day goes on.
- You have lots of energy after everyone else is settled down for the day.
- You don't have trouble sleeping within a few hours of exercise.



For busy parents: 10 ways to exercise with your kids



1. Pack up the stroller and go for a brisk walk. You can stop along the way to do stretches and body-toning exercises.
2. Find a family 5k run or walk that you can train for and participate in together.
3. Turn on some music and dance. Toddlers and grade-school children will love this.
4. Plan a Saturday bike trip. Infants can ride in a carrier while older kids pedal their own bikes.
5. Gather your kids along with others in the neighborhood for a softball or kickball game.
6. Visit a park and spend some time on the swings to give your legs an added workout.
7. Walk the sidelines instead of sitting in the bleachers during your kid's sports games.
8. Use the shallow end of the pool to walk or do water aerobics while your kids enjoy splashing around.
9. Organize a family work party: wash the car, rake leaves, pull weeds, plant flowers.
10. Spend an afternoon bowling or roller-blading instead of watching a movie.

5, 4, 3, 2, 1 Done

If you can spare 15 minutes, you can get in a total body workout without going to the gym or buying expensive exercise equipment. All that's required is some space, comfortable clothing, and energetic enthusiasm.



5 minutes

Do any cardiovascular exercise you want — walk, run, or bike.

Or do:

- 1 minute high knees.
- 1 minute jumping jacks.
- 1 minute front kicks.
- 1 minute jumping in place. (Think jump roping minus the jump rope.)
- 1 minute running in place.

4 minutes

Do:

- 1 minute lunges or walking lunges.
- 1 minute mountain climbers.
- Repeat again for 1 minute each.

3 minutes

Do:

- 10 push-ups and then rest.
- 15 triceps dips and then rest.
- Repeat for a total of 3 minutes.

2 minutes

Do:

- 30 seconds of regular squats.
- 30 seconds of jump squats.
- Repeat again for 30 seconds each.

1 minute

Plank

5 habit-forming how-tos for the exercise challenged



If you can't find room for physical activity on your calendar, it might be easier than you think to make movement a habit. Here are some tips to try:

→ **Have fun.** If you like what you're doing, you're more likely to do it. Choose something you love or want to learn — not what you think you should be doing. Add in friends and your favorite music.

→ **Switch it up.** Doing the same thing over and over can get old fast. Keep your routine fresh and interesting by trying new and different activities. If you're moving, it counts.

→ **Schedule a date with yourself.** Just like you'd add a business meeting, doctor's appointment, or special dinner to your calendar, make a daily date for your fitness. Find the right time for you — whether first thing in the morning, over lunch, or on your way home.

→ **Find a friend.** Hook up with a buddy or make a new one who likes the same activities and shares the same goals. It's easier to stick to a routine if someone else is counting on you.

→ **Reward yourself.** Set fitness goals and treat yourself when you make them. Get in a walk every day for a month? Buy yourself a new outfit, or take in a show or big game.