

Be. Live. Stay. Well...

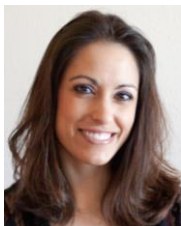


Fitting in Fitness Top 10 tips for a busy schedule



- 1. Good Morning!** Morning workouts are a phenomenal way to start the day right. As the day becomes busier, you are less likely to engage in activity, so greet the morning with some activity.
- 2. Schedule it.** Schedule time in your day for fitness. Use your smart phone calendar or email program calendar and commit to an appointment with yourself.
- 3. Walk it off.** Take walking breaks during the day. Download an app to remind you to stand up, stretch, and take at least 250 steps each hour.
- 4. Be prepared.** Sometimes getting a workout in is mostly about being prepared. Lay out workout clothes and gear the night before or keep them in your office or car.
- 5. H.I.I.T.** Try high intensity interval training to torch calories in 20 minutes.
- 6. Leverage family time.** Schedule family activity time in the form of a game, outing to a park, or a long walk.
- 7. Work it.** Meetings, meetings, meetings. Switch things up and schedule a walking meeting. This works well if you are meeting in a small group (2-3 people). Take advantage of the nice days and take it outside. Bonus – you’re promoting the production of Vitamin D.
- 8. Track it.** Invest in a fitness tracker to motivate you to achieve at least 10,000 steps/day.
- 9. Circuit training.** This is a great option to maximize exercise in short periods of time. You can combine resistance training & cardio in one session.
- 10. Be consistent.** Above all else, be consistent. Find a time that works for you and stick to it!

Stay creatively fit!



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