



# Exercise

Work, family, and social commitments can make it difficult to incorporate a workout routine into your everyday life, but it's definitely not impossible! The thing about exercise is that it doesn't have to be an hour of cardio at the gym or completing a triathlon.

Here are 5 simple life hacks to help you make time for exercise on a hectic day:

**Move whenever you can.** Take the stairs, park your car at the farthest end of the parking lot, or take laps while you're talking on the phone. If you watch the news or a specific show daily, plan a workout that fits precisely into that time slot. It doesn't need to be intense, but reduce the amount of idle time you spend sitting in front of the television. Sit-ups, jumping jacks, push-ups, and lunges are all easy exercises to start with that don't require equipment.

**Deskercise while you work.** While working out in your cubicle/office may sound silly, you can actually get decent exercise with just a desk and a chair. Need a little inspiration? Just Google Deskercise and you'll find tons of videos!

**DIY home gym.** A home gym doesn't have to be fancy or expensive. In fact, you can make a home gym out of everyday household materials. Use milk jugs filled with water or sand or even soup cans for hand weights, buy a cheap medicine ball, and use a fold out chair for exercise moves that require a bench. If you have some extra money to spend, it's not a bad idea to invest in some quality equipment for an at-home gym. You'll workout more if it's easier for you to do so at home rather than driving to the gym.

**Multitask.** You'd be surprised at the amount of physical activity you can add to your day by just being conscious of the opportunities. Try doing a few lunges while you cook, or pacing the house while rocking the baby to sleep. Bring the groceries in one bag at a time. Get off the subway one stop earlier and walk home, or wash your car yourself instead of driving it to the gas station. All of the little things really do add up!

**Utilize your work breaks.** Use your work breaks to your advantage! Walk up and down the stairs, take laps around the parking lot, or walk to lunch. If you're lucky enough to have a company gym, go for a quick workout and eat your lunch at your desk after. Do whatever you can to refrain from sitting and get some steps in over your breaks.



**YOUR BODY IS YOUR MOST VALUABLE ASSET - TAKE CARE OF IT!**