

How I find time on my “to-do” list for exercise

Description

Gentle Reader,

You're too busy, you say, to exercise. Here I am at the Shaklee convention in Las Vegas where it is too hot to breath outside and too stale to breath inside the air conditioning. I'm one of those Northwesterners who lives and breathes in and out nothing but fresh air.



We are sitting in large auditoriums all day long. What's a person to do?

1. Get up 20 minutes earlier than you need to and spend that extra time stretching.
2. Walk up all the stair cases that present themselves.
3. Take breaks to stand where you are sitting. You'll be surprised how often it is possible to stand up in a meeting or conference. Watch for those moments.
4. Adjust your posture, pull your shoulders back; breath deeply into your belly. It's all about the oxygen.

Here is a blog post I came across that you might enjoy written by a former personal trainer.

Right now, take a minute to tell us what strategies you use to pack in 30 minutes of cardio a day by posting a comment below.

Betsy

Be Well, Do Well and Keep Moving

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Put exercise on your “A” to-do list February 24, 2010

Posted by jscolwell in [Uncategorized](#).

Tags: [Longevity and exercise](#)

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One of the most common problems people have with exercising is finding time, or rather making time, to do it. Granted life is chuck full for most of us, especially those who are working full time and raising kids. But for people over 50 especially who intend to live long, healthy, happy years and being present in person, not just in spirit, at their grandchild's wedding, regular exercise is not optional in my opinion. In fact it may be literally a life or death matter. The single most important thing we can do for healthy longevity is physical activity which strengthens, stretches and moves the entire body. And if health clubs aren't involved it's basically free. Studies have shown that simply walking briskly for 30 minutes five times a week is vital to preventing diseases such as diabetes, arthritis, stroke and heart problems. If you realize the importance of this and have the desire to do it but are time-challenged here are a few tips.

1. Plan your exercise routine at the beginning of each week. Write it into your schedule with bold, red ink with specific notes as to what exercise you'll do. Make it as important as a hair appointment and don't let anything, rain or snow, keep you from it.
2. Realize that you can divide up your exercise into segments. For example, a 30-minute walk can be broken into two 15-minute or three 10-minute segments.
3. Often it all comes down to choices. It may mean 30 minutes less TV time, or exercising on a treadmill or lifting weights while your watching.
4. If you are employed use part of your lunch hour to get some of your exercise in.

5. Always look for ways to move your body — playing with your kids or grandkids, vacuuming, gardening — all help, especially if regular planned exercise is hard to come by some days. Move, move, move.
6. Save time by doing exercising in and around your home and not driving to a fitness club.
6. Check out my new book, “The No Nonsense Guide To Fitness” for more ideas.



Category

1. Be Well health tips

Tags

1. anti aging
2. cardio
3. exercise
4. movement
5. workouts

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