Making Time,
Ways to Work In Your Workout

Fitness should be a fundamental part of your life, like eating and sleeping, but when you’re busy, it can be hard to remember that. Discover simple ways to work exercise into your daily routine, tips for scheduling workout breaks, and ideas for doing effective workouts in less time.

You're already exercising
Are you walking from the car to your office? Taking the stairs instead of the elevator? Gardening and mowing? Good news — you’re working out. Doing everyday activities and chores can improve your health, all without going to the gym. Take advantage of other opportunities:
- While you’re on the phone, do simple stretches.
- Do brief neck and shoulder exercises at your office or while you’re watching TV.
- Try a "squeeze ball" to tone your arms, flex your hands, and relieve stress.
- Use a rake rather than a leaf blower, a hand saw rather than a chain saw, and a push mower rather than a riding one to do your yard work.

And don't forget all that walking you're doing. All these steps add up to better health.
- Park your car farther out, and walk to deliver a message, rather than calling.
- Walk to work or to the shops instead of taking the car or the bus. Pace up and down in your office as you read reports or memos.
- Walk with your kids to the park, their play dates, or school.

Take a fitness break
Take 10 minutes for yourself. Think of it as a coffee break without the caffeine. Go for a walk. Walking just 10 minutes can boost your energy and reduce stress for an hour or more. Time away from your to-do list and worries can restore you, body and mind.

Shrink your workout
You might be surprised how many times in a day you can spare 10 minutes. Do 3 or more 10-minute mini-workouts, and you'll get the same health benefits as a longer workout:
- Running errands? Park 5 minutes from your destination. Walk there and back briskly.
- Walk up the stairs, then down, as fast as you can. Repeat as many times as you can in 10 minutes.
- Jump rope slowly for 1 to 2 minutes, then jump fast for 1 to 2 minutes. Repeat until you've jumped 10 minutes.
- Have to clean? Crank your music and clean quickly, till you're breathing harder.
- Play with your child or grandchild. For 10 minutes, toss a Frisbee, shoot hoops, play badminton, dance, ride bikes, or play soccer.
- Grab 2- to 8-pound weights and do 10 minutes of strength training, like shoulder presses, side lifts, lunges, bicep curls, triceps extensions, and squats.