

Top tips to keep up your exercise



Exercise is far too important to neglect and the good news is, there are ways to keep it up – even during the busy season.

1. Shift to 10 minute workouts

When times are hectic, breaking your workouts into 10 minute chunks spread out across the day can help make exercise more manageable than, say, a 30 minute or hour long workout. Researchers have even found that shorter sessions can be just as, if not more, beneficial to health than longer bouts of exercise. So, why not try a 10 minute jog before work, a brisk 10 minute walk during your lunchbreak, and a 10 minute skipping session at night?

2. Get creative with movement

If you don't have time to fit in scheduled exercise such as a gym session or jog, then make sure you make the most of movement throughout your day. Desk-bound workers, get up to speak to your colleagues rather than using the telephone, perform stretches regularly, and place office items such as printers and staplers in places that you have to get up to reach. Whoever you are and whatever you are doing, find opportunities to move.

3. Wake up earlier

Our good intentions to exercise can fall apart when the day gets on top of us – unexpected work meetings crop up, children need help with

homework, night-time arrives, and fatigue sets in. Rather than letting the day overwhelm you, fit in your exercise before the day's already begun. By rising earlier, you can get your workout out of the way – who knows, it might just give you the energy you need to tackle the day ahead!

4. Involve other people in your exercise

Work meetings, parental responsibilities, and social occasions are commitments that can chew into exercise time, so why not take advantage of them? If you have a meeting with a colleague and don't require laptops and other aids, suggest conducting the meeting while on a walk.

5. Reassess your priorities

If your life is so busy that exercise doesn't even feature on your to-do list, it's time to reassess your priorities. We all know that exercise is essential for good health and the prevention of a host of serious diseases, so you are doing your body a serious disservice by not doing it. Make a list of your daily commitments then ask yourself whether every item on that list is more important than a half hour session of physical activity.

Your diary may be jam-packed for the next few weeks, but at least you know that, with these tips, you CAN fit in exercise.