

Too Busy For Exercise? You Can Find the Time!

We all understand how important exercise is for good health. However after a long day it is difficult to find the effort and motivation for fitness. Our lives are so busy with work and family that time seems to be to be at the breaking point. How can we find a spare minute? Well you are in luck. You can find time in your day for a workout! But you just have to be thinking creatively to find it. A lot of people think that you can only exercise if you have an hour block of time to dress in your workout clothes and go to the gym or for a run. This couldn't be further from the truth. It is possible to put in little increments of fitness throughout the day. If you plan for thirty minutes of total workout time you will be doing fine. Everyone should shoot for a vigorous workout to get your heart rate up and you should aim for an extended workout whenever you can. Instead of giving up on exercise on your busy days, fit it into your day. It is possible to get small bursts of aerobic exercise in. Jog in place or do some jumping jacks. Is there a good song on the radio? Dance to your heart's content and do your heart some good while you are at it. These short exercise sessions can start to add up and they are far better than not doing anything! You don't have to get sweaty to get fit, just take a little more effort. Park further away from the entrance and climb the stairs instead of using the elevator. You will be surprised how little things like that can add up. If you have a spare moment at during the day, take a brisk walk outside instead of grabbing a snack. A excellent motivator is to wear a pedometer and aim for 10,000 steps per day. Seeing how far you really walk every day really helps you to pick up your step and go further! Play with your family. This is a perfect way to spend time with your family and get fit at the same time. Spend time outside playing ball or going for walks. Visit the park and shoot hoops. Not only will you be finding time for exercise, you will be teaching your family the importance of fitness. Do an exercise that you enjoy. If you hate to run you will not get out of bed to get on the treadmill. A fitness program has to motivate you to be effective. Too many people quit before they start because they dislike the exercise they have chosen. Try different things, maybe you will discover you enjoy strength training or swimming. Your favorite exercise might be something you have never thought of, be adventurous! When you find something you like doing it is easier to find time in your day for fitness. No matter the exercise you choose, make sure you start out slowly. Many people are forced to quit because of injuries that could have been prevented if they would have taken precautions. You may think you can run a 5k tomorrow, but your body might not agree! One of the good things about fitness is that all of it adds up. A fifteen minute spurt here, a thirty minute run there all count toward your total fitness. It is possible to get fit even with a busy life. Rethink your ideas about fitness and create time for small workouts all during the day. You will be glad you did.

About the Author

Tara leads a busy life, but she makes time for fitness. She looks forward to crawling into her [down feather bed](#) to recuperate each night. She enjoys nature, reading and the comfort of her [feather mattress topper](#) after a long day. Check out her reviews on [feather mattress toppers](#) on her website, www.downfeatherbed.net.

Source: <http://www.articlegods.com>