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## Fitness Tips

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by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

***Question:** On the weekends I am constantly exercising -- biking, walking the dog, playing with the kids -- but during the week I just don't have time to exercise. Can I get the same benefit being a Weekend Warrior and packing it all into two days instead of spreading the exercise out one hour each day for five days?*

Oh my! I love your weekend enthusiasm, but you're not going to significantly improve your fitness level or ward off illness and disease unless you're an active WeekDAY Warrior too. It's recommended that we aim for at least 30 minutes of moderate physical activity five days a week or more. Couldn't you squeeze in a 30-minute brisk walk on your lunch hour, or take the dog for a 30-minute walk before you leave for work? This is all about priorities and making time for the things we need to do.

If your goal is to prevent weight gain, you'll need to increase your physical activity to 60 minutes per day AND watch your calorie intake as well. Before you step up your level of activity, always consult your doctor.

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**Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at [www.oneononefitgirl.com](http://www.oneononefitgirl.com) and email your questions to [cari@oneononefitgirl.com](mailto:cari@oneononefitgirl.com).**

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