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## Fitness Tips

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

I have no time to exercise! EVER!

**Question:** *All the news shows and magazine articles say that we need to get at least 30 minutes of exercise per day, but with working full time and my family and other activities, I really have no time. Suggestions?*

**Answer:** Hmm. You won't like to hear this, but: We all have the same amount of time in the day, and some people make exercise a higher priority on their list of things to "get done" each day! Actually the USDA now recommends a minimum of 60 minutes of moderate to intense exercise on most days, to prevent weight gain and to maintain weight loss. Fortunately, you can work your muscles and expend calories by breaking up the 60 minutes into shorter physical activity sessions that will cause less disruption to your schedule. Try to slip in informal exercise, like the activities listed below, into your day:

- \* Set the alarm 10 minutes earlier and wake up with stretching, yoga or a few crunches.
- \* Climb at least some of the stairs instead of waiting for the elevator.
- \* Take a walk around the office whenever you leave your desk for a bathroom break.
- \* Take a walk to a coworker's desk instead of calling or sending an email.
- \* Multitask by reading while walking on a treadmill or riding a stationary bike.
- \* Use a little extra effort and motion in the chores you do around the house in order to use more calories.
- \* Park your car a little further away from stores to get in some walking.
- \* Stop using the remote control and get up to change the TV channel. Yes, really!

After you start including informal exercise in your day, you are likely to get the urge to do more. In addition, cut back on sedentary activities so that additional time can be given to optimizing your health -- turn off the TV!

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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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