

# Rosen: Fitting exercise into your busy schedule

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We've all heard the benefits of regular exercise — weight loss, disease prevention, improved mood, better sleep, etc. While most of us know that we should exercise every day, it can feel impossible to find the time to fit it into our busy schedules. Sometimes 24 hours a day doesn't seem like enough to fit in work, family, school, shopping, and all of our other priorities.

Most of the time the problem with exercising isn't motivation — it's simply finding the time to do it. Here are 8 ways to get you up and moving more often:

**Wake up earlier.** Set your alarm thirty minutes to an hour earlier than normal, and commit to working out right when you wake up in the morning. You can even sleep in your workout clothes to make it easier on yourself.

**Squeeze in mini-sessions.** Take five minutes every hour and go for a walk, or do push-ups or lunges. Even though this isn't a full-workout, it still gets you moving.

**Exercise at home.** There is no need to spend hours at the gym when you can fit in quick exercises at home. Do jumping jacks during commercial breaks, lunges while you're microwaving food, or walk around the house while you talk on the phone.

**Find a friend.** Find someone who wants to do the same activities as you, and make it a date. This will make the time go by faster and be more enjoyable. Hold each other accountable for showing up, and motivate each other.

**Take the long way.** You can easily get extra steps in while going to your usual places. Park far away from the entrance at the grocery store or take the stairs instead of the elevator. If you ride the bus to work, get off a stop early and walk the rest of the way.

**Do what you like.** Find an activity that is fun for you, such as dancing or hiking. You are more likely to stick with an exercise routine if you enjoy doing it, instead of viewing it as a chore.

**Involve the whole family.** Don't let your kids be your excuse! Go for a family walk or bike ride after dinner. If your kids play sports, walk laps around the field while they practice.

**Keep records.** Use an app or write down logs of your workout every day. This will help you stay motivated and make it easy to see what you've accomplished.

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