9 Ways to Exercise ... When You Don't Have the Time

Think you have no time to exercise? These strategies will help you get fit in just minutes a day.

We all know exercise can help us improve our health and lose weight. Yet, 25 percent of adults don't exercise at all, according to the U.S. Surgeon General.

Hectic schedules may be to blame. Who has the time to exercise when juggling work, school, family and more? It's worth squeezing it in, though, because regular exercise can relieve daily stress and lift your mood. At the same time, you can reduce your risks of diabetes, high blood pressure and heart disease.

Aim to be active for at least 30 minutes most days, but it's okay to start slowly. Find activities that you enjoy. You only need to find a few minutes a day to start getting the health benefits. First, check with your doctor before you start or increase your activity level.

Tips for fitting in fitness

- **Wake up a little earlier.** Start by setting your alarm clock just 5 minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short exercise DVD.
- **Find a workout buddy.** Exercising with a friend is more fun than working out alone and a good motivator. Ask a coworker to go for a walk during lunch or see if a neighbor wants to shoot hoops.
- **Change into exercise clothes before leaving work.** You'll be ready for a short walk as soon as you get home.
- **Schedule your fitness activities.** If you put exercise on your calendar like other appointments, you're more likely to do it.
- **Acknowledge your successes.** Keep a log of all the times you make a healthy choice to move more, such as by taking the stairs instead of an elevator. After the first week, reward yourself with a new pair of sneakers or a cool new water bottle.
- **Create a home (or desk) gym.** If you have equipment always at the ready, it will be easy to steal five minutes to use it. A jump rope, a stability ball, exercise bands and dumbbells don't cost much or take up much room.
- **Move while you watch TV.** Don't sit idly - or worse, get a snack - during commercials. Do sit-ups or jog in place instead.
- **Play games with your kids.** Don't just watch while your kids play outside - join in their fun. Play tag or Duck Duck Goose, or just toss a ball back and forth. If your kids love video games, think about swapping their console for the Nintendo Wii. The whole family will break a sweat using special controllers to compete at boxing, tennis, golf and bowling.

- **Exercise while you work.** Raise your activity level and productivity with neck rolls or arm raises (push hands out to the side and then up toward the ceiling). Or do a few modified push-ups on the edge of your desk.

**Stepping it up**

After you've built short periods of activity into your day, think about times when you could lengthen each burst by a few minutes. The key is to start small and ramp up gradually.

Even if you're worn out from a busy day, try to make time for fitness. Regular exercise actually boosts your energy level. Exercise, along with restricting calories, is also important for weight loss and maintaining a healthy weight.

Next time you look for an excuse to skip exercise, remind yourself of the benefits. You're helping yourself feel good, look better and live longer. Who wouldn't want that?

**WORKOUTS YOU CAN DO AT HOME!**

![BEGINNER WORKOUT](image_url)
HEART PUMPING CARDIO WORKOUT

7 DAILY MOVES NO GYM CARDIO WORKOUT

7 Exercises. 40 sec exercise/20 sec break. 2-4 Rounds. 1 minute rest between rounds.

- Jumping Jacks
- Plank Jump Ins
- Scissor Hops
- Mountain Climbers
- Touch Floor Squat Jumps
- Butt Kickers
- High Knee March

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I ❤️ BURPEES

7 DAILY MOVES SHRED WORKOUT FOR FATLOSS

7 Exercises. 40 sec exercise/20 sec break. 2-4 Rounds. 1 minute rest between rounds.

- Burpee with Pushup
- Airbike
- Squat with Side Leg Lift
- Burpee with Pushup
- Airbike
- Squat with Side Leg Lift
- Burpee with Pushup

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CLASSIC SLOW COOKER POT ROAST

Ingredients:

- 2 tablespoons all-purpose flour
- Salt and ground black pepper
- 1 teaspoon dried thyme
- 1 (1 1/2-pound) boneless beef chuck roast, trimmed of excess fat
- 3 tablespoons expeller-pressed canola or extra-virgin olive oil
- 3 carrots, peeled and cut into 1-inch pieces (about 2 cups)
- 2 Russet potatoes, peeled and cut into 1-inch pieces
- 2 small onions, cut into wedges
- 2 cloves garlic, minced
- 2 cups reduced-sodium beef broth
- 1 (6-ounce) can tomato paste

Method:

On a plate, combine flour, salt, pepper and thyme. Dredge meat in flour, coating all sides. Heat oil in a large saucepan and brown meat on both sides, turning once, about 7 minutes total. Meanwhile, place carrots, potatoes, onions and garlic in a 5 or 6-quart slow cooker. Top with browned roast. Pour 2 tablespoons water into the pan you browned the roast in, scrape up any browned bits and add that rich liquid to the slow cooker along with the beef broth and tomato paste. Cover and cook until beef and vegetables are very tender, 8 to 10 hours on the low-heat setting or 4 to 5 hours on the high-heat setting.

Nutritional Info:

Per Serving: 330 calories (110 from fat), 13g total fat, 2.5g saturated fat, 50mg cholesterol, 520mg sodium, 26g carbohydrates, (4 g dietary fiber, 8g sugar), 28g protein.
IT’S BACK!

HealthyWage is a team challenge (teams of 5 players), open to all employees, their friends and family members. For 12 weeks, Northside ISD teams will compete against teams from only the District to lose the greatest percentage of starting body weight, the competition will be stiff (and so will be the pay-off)!

Quick Challenge Facts:

- The challenge starts: February 12th
- Over $20,000 in team and individual prizes up for grabs!
- 12-weeks of fun, online team support, motivation and expert weight loss guidance
- Registration is just $23.33/mo. for 3 months ($70)
- Sign up here: www.healthywage.com/clients/northsideisd

PLUS - there's no risk if you plan to keep the weight off (we hope you do)! Get your entry fee back by achieving/maintaining a 10% weight loss by 9 months from the start of the challenge.

THREE WAYS TO REGISTER
https://www.healthywage.com/clients/northsideisd/
888-636-3832 or info@healthywage.com