

TOP 10 TIPS

MAKING TIME FOR FITNESS



1 CREATE A TRIGGER

The secret to developing a NEW habit is to identify a trigger that will happen right before you complete that habit. This could be a sticky note on your mirror or a reminder on your phone. When you experience, you get right to working out.

2 MOVING MEETINGS

Need to meet with someone at work or take call? This is the perfect time to take a walk. If you need to take notes, you can always use the audio recorder on your phone!



3 ACCOUNTABILITY PARTNER

Usually meet up with a friend for coffee, dinner, or drinks every week? Change it up by meeting up for workouts instead. Finding someone to be accountable with will 6 times increase the likelihood that you stick with it.

4 GET UP EARLY

Ugh, I know, it's hard enough to get up with your alarm now. But, I can tell you for sure, that if you start getting up earlier to workout, you'll feel more energized throughout the rest of your day!



5 GET THE KIDS INVOLVED

Family time can equal active time. Invite your kiddos to join in your workout with you, go for a walk, or use them for added resistance to a bodyweight workout. :)

6 TAKE THE STAIRS

It can be all too easy to hop on the elevator to go up a floor or two, but I invite you to pretend that elevator doesn't exist. Take the stairs whenever you can. It's a great way to build short cardio sprints into your current schedule.



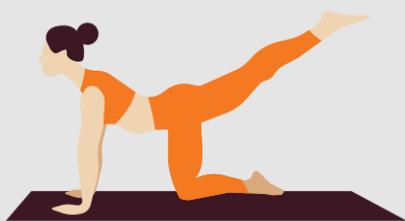
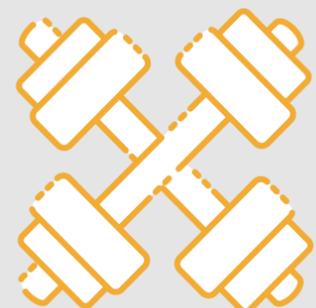
7 USE EMPTY TIME

How much of your day do you spend waiting for things or doing mindless activities? Washing the dishes--you could get in some squats. Waiting for dinner to cook--maybe drop down for a few 1-minute planks. Arrive early for an appointment--maybe do some lunges. You get the idea!



8 USE WHAT YOU'VE GOT

There's no rule that fitness has to look a certain way. You don't need to spend a lot of time or money to get an effective workout. There's not even a need to invest in expensive equipment--a bodyweight circuit could be completed while you're watching your favorite TV show.



9 FIGURE OUT WHAT YOU LIKE

One of the keys to sticking with a fitness program is to do something you love doing. It's no secret that you probably won't find the motivation to workout if you don't like it.

10 MAKE A SCHEDULE

You wouldn't skip a doctor appointment on your calendar, right? It's kind of the same with a workout. If it's a priority, then, you have to make time for it on your calendar. The best practice is to schedule workouts at least a week ahead.

