



# 12 Steps to Better Health

## Step 5: May

### Fitting in Fitness



Finding time for fitness can be tough.  
The key is making it convenient for you!

#### ***So how can you find time for fitness?***

The key is to be flexible and make fitness a way of life. Remember all physical activity— not just formal exercise programs— adds up to a healthier you.

#### **Fitting in fitness at home**

- Wake up early. Get up 30 minutes earlier than you normally do.
- Make chores count. Clean at a pace fast enough to get your heart pumping. This can include indoor and outdoor tasks such as moping, cleaning bathrooms, raking, and gardening.
- Be active while watching TV. Use hand weights, ride a stationary bike or do a stretching routine during your favorite shows.
- Involve the whole family. Take a group walk. Get out in the yard and play catch or tag. Ride your bikes.
- Get your dog into the act. Take daily walks with your dog.



#### **Work out at work**

1. Take fitness breaks. Take a walk on your breaks instead of snacking.
2. Start a lunchtime walking group. The regular routine and support from your co-workers may help you stick with the program.
3. Put it on the calendar. Schedule physical activity as you would any other appointment during the day.
4. Make the most of your commute. Walk or bike to work. If you ride the bus, get off a stop or two early and walk.
5. Take the stairs whenever you can. Skip the elevator and take the stairs.
6. Take it on the road. While traveling for work, pack a jump rope or choose a hotel that has fitness facilities



Visit these websites for other exercise tips:  
<http://www.mayoclinic.com>  
<http://www.escambiahealth.com>

