

## **5 Tips for Fitting in Fitness**

1. **Make a date.** If you meet a friend for coffee every week, try bringing a bottle of water to sip while you take a few laps around the stores.
2. **Think frequency, not duration.** It's easy to convince yourself to skip workouts when you dread a long time commitment. Instead of scheduling three 45-minute exercise sessions each week, aim to complete five 20-minute sessions of physical activity instead.
3. **Make morning work for you.** Get up half an hour earlier than the rest of your family for workout time that won't be interrupted.
4. **Family time = workout time.** Looking for ways to spend more time with the kids and get some exercise, too? Investigate family outings that require physical activity, such as hikes through local parks and forests.
5. **Save commute time.** Instead of heading home during rush-hour traffic, tote your exercise clothes to work and walk, run or bike or go to the gym near your office after working hours. By the time you've finished your workout, the traffic jams will have disappeared!

### **Additional Tips to include Activity in Everyday Living**

- Park in the farthest part of the parking lot and walk to your destination.
- Breathe deeply and forcefully several times a day to aerate your entire lung.
- Do light housework with your favourite music on.
- Go for a short 5-10 minute walk after lunch or supper.
- Stand up while talking on the telephone.
- Stretch to reach items in high places and squat or bend to look at items at floor level.

- **Sources:** "Fitting in Fitness: Exercise Options for Busy People," The Physician and Sportsmedicine Journal, <http://www.physsportsmed.com>; Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life, by the American Heart Association.
- Developed for the IDEA study: Impact of Diet and Exercise Activity on Pregnancy Outcomes, 2010.