

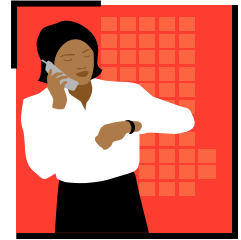
Week 8 : Squeezing in Exercise

Many find that they are too busy to exercise when trying to juggle a job, school, family, and other appointments. You always have time for something that you make a priority! There are 1440 minutes in a day, you only need to save 30 minutes for exercise! Here are some pointers to finding time for exercise.

Tricks to try:

- Make an appointment with yourself and/or a friend. Write exercise into a daily planner as an appointment.
- Start small. Schedule small blocks of time for exercise into your day. (3x10 minutes is JUST as good as 30 minutes straight)
- Experiment with early bird workouts. You will be energized while people around you will be searching for time to exercise and may be dragging. Studies have also shown that exercise before work or class helps people to be more alert and perform better!
- Use your lunch break wisely! If you have an hour, take 30 minutes to walk and use 30 minutes to eat. If you only have 30 minutes, use 15 for a walk and 15 to eat. If it is accepted, you can also eat at your desk, and use your break to exercise!
- Burn calories any chance you get:
 - Take the stairs
 - Park further away
 - Walk to go speak to someone, rather than call/e-mail
 - Hand deliver mail on campus
 - For times of extended computer use, set a timer for every 45 minutes to take a 5-10 minute break to move and stretch. Visit [this link for a 15-min desk workout.](#)
 - Take a walk around the mall and window shop before hitting the stores.
 - If you have a pet, take it for a walk every day. Pets need exercise too!
- If watching TV isn't at the bottom of your priority list, try combining it WITH exercise! While watching your favorite show, (if possible) try walk on a treadmill, jogging in place, performing some pushups, squats or crunches, and stretch!
- Grab a pair of inexpensive resistance bands to strength train various muscle groups.

**NEXT
WALKING
GROUP
MEETS on
11/10 at**



**12:30pm Student Center
(Moore Field House during
inclement weather)**

****Stretching workshop at
the Fitness Center**
Wed 11/19 @ 2pm**

CHALLENGE

Wear or bring your sneakers with you for an entire week. This way, you will be prepared to take at least a 10 minute walk during your lunch/class breaks or before you get into your car to leave for the day.

According to the American Council on Exercise, those who wear casual clothing to work, walked about 500 steps more than those who wore normal business attire.

[Click here for the article.](#)

