



## Finding Time to Exercise:

### *Fitting in Fitness:*

**DON'T FIND  
TIME TO EXERCISE.  
MAKE THE  
TIME TO EXERCISE.**

For Adults, the Department of Health and Human Services recommends a minimum amount of 150 minutes of moderate aerobic exercise along with two strength training sessions weekly. One may think that is a lot, but really, it is only about 30 minutes 5 times a week.

You can also do 75 minutes of vigorous-intensity activity to meet your weekly aerobic exercise goal. Jogging, running, and race-walking are example of vigorous activities.

But how do you find time for all of this with life, and work, and other responsibilities? Flexibility and planning are key! Keep reading to learn ways to Fit it in!

**Plan ahead:** Put it on the calendar like you would any other appointment for the day.

**Get involved:** Involve your family, join a team, start a lunchtime walking group, walk your dog, take a hike, get social.

**Change the time or intensity:** If you cannot allot for a "full" workout, you can still work out that day.

**Work out in intervals;** If you have a 10 minute break every hour, take a walk, do some push ups and squats, anything to get your activity level up!

**Wake up early:** Getting up just one hour early will give you the time you need to factor in a work out.

**Make Chores Count:** Do chores. Do them quickly and get your heart pumping!

**Work out at work:** Use your lunch break to go to the gym. Bike to work. Take the stairs. Walk a message over to a coworker instead of sending an email.

**Get portable exercise equipment to exercise on your break:** ankle and wrist weights, for example. Try some bodyweight exercises on breaks.

Here's the gist of it: Think about how much time we spend on our phones looking at social media looking at other people's lives instead of improving our own! Get up and get moving!



