

**Q.** How can I find the time to exercise when I'm so busy?

**A.** If your commute, work schedule, family activities, and other commitments keep you on the go, you may not check off "exercise" on your to-do list as often as you would like. And you're not alone. It's a challenge for most people. In a recent survey, 96 percent of adults said they don't get the minimum amount of recommended exercise (150 minutes) a week.

But that's a problem. People who don't exercise are more at risk for depression, diabetes, heart problems, cancer, obesity, mental decline at an earlier age, and early death. Yet it's not all bad news. You can fit exercise into your schedule if you're willing to make it a priority, and you can do it in 10-minute chunks of time. Here are some things you can do to find the time to exercise:

✓ **Make Exercise a Priority**

Taking good care of your health is a priority that pays great dividends. A recent Harvard study showed that people who exercise regularly lived two hours longer for every hour they exercised. You don't lose time with exercise. You actually gain time.

✓ **Try a 10-Minute Workout**

Aerobic exercise doesn't have to be done all at one time. Taking a walk, cycling, or exercising for just 10 minutes at a time can improve your health. Aim for 30 minutes of exercise or activity daily. Three 10-minute sessions meet this goal. You might walk a little while waiting for the train, at noon at work, during an afternoon break, and after dinner.



✓ **Plan a Morning/Evening Workout**

Studies show that even three exercise sessions weekly has health benefits. Wake up a few minutes earlier than usual, or plan to exercise before bed. People who exercise regularly actually get better sleep than sedentary people do. Exercise also helps reduce anxiety and muscle tension and improves relaxation. Exercising in the evening won't interfere with sleep if you allow an hour of relaxation before bedtime.

✓ **Be Active on the Weekend**

If your work week is overloaded with appointments, plan to be active on the weekend. Make time for walking, biking, playing tennis, getting in a round of golf, going to the gym, or working in the yard. Use the weekend to catch up on getting at least 150 minutes of exercise a week.

✓ **Move Fast. Move More.**

In a study published in the *American Journal of Health Promotion*, researchers found that moving quickly in 10 one-minute bursts of speed throughout the day produced the same health benefits as walking for 10 minutes. Walk briskly to appointments. Speed walk up stairs. Race through the grocery store to do your shopping. Clean your house in record time. And you'll be one-step closer to logging 30 minutes of exercise a day without even having to clear your schedule.

If you have the will, you'll find the time to be more physically active. And it will be time well spent, because you'll feel better and live longer.

Sources:

*Centers for Disease Control and Prevention.*

*American College of Sports Medicine.*

*American Journal of Health Promotion.*

