



MAKE TIME FOR MOVEMENT

MORNING

Try setting your alarm 30 minutes earlier 2 to 3 times a week. Mornings can be a great time to get a walk in, do some strengthening yoga, or get your metabolism moving with some cardio.



NOON

Take advantage of your lunch break and get moving! Try a nearby gym, or grab a colleague and go for a walk. Plus you feel energized to face the rest of the afternoon.

AFTERNOON

Taking the kids to sports practice? Use the time to get some exercise! Instead of sitting on the sidelines, walk some laps or go for a jog as you wait.

EVENING

When you get home for the evening, go for a walk with the dog or some more intense cardio with a video at home. Evenings are also good times to visit the local gym before or after dinner.



REMEMBER: EVEN A LITTLE BIT IS BETTER THAN NONE!

Aim to get at least ten minutes of exercise at a time. As you get better and it becomes part of your routine, gradually add more time or challenges until you are getting 2.5 hours a week.

IT'S NOT ABOUT HAVING TIME, IT'S ABOUT MAKING TIME.

