

Healthy Habits

from Prime of Life Fitness

How Can I Find Time to Exercise?

Well, you had to know it's a trick question. Unless you already love to exercise, you'll never *find* time to exercise. You have to ***make*** time to exercise. Here are six tips that will help you make exercise a part of your life.

- **Develop a habit.** When exercise becomes as much a part of your day as brushing your teeth or drinking your morning coffee, you'll no longer have to think about how to find time for it. To develop a fitness habit, first commit to getting some kind of activity every day for 90 days. If you can do it at the same time every day, even better, because the time of day will act as another cue to remind you of your commitment.
- **Choose an activity you like.** If you have two left feet, don't commit to Zumba class; if you have achy knees don't expect to go running every morning. Especially when you're first starting out, choose an activity you enjoy and that makes you feel capable.
- **Bite off less than you can chew.** For 90 days, commit to doing *something* every day, but always stop before you think you should. I recommend just 10 minutes to start with. You should stop well before you feel like you're done.
- **Think about the logistics.** A little planning goes a long way. Make sure you have your workout clothes and shoes set out and ready to go ahead of time. Allow time before and after to change clothes and transition.
- **Track it.** You can't change what you don't measure. Track your progress with a simple calendar. Cross off every day that you achieve the goal, and aim for a 90-day string of uninterrupted exes. Or, what the heck, give yourself a gold star every day!
- **After 90 successful days, begin to make changes.** Increase the amount of time, up the intensity, or try out a new activity that's a little more challenging.



The real key here is to make a commitment that's easy enough for you to keep it up for a significant number of days running. After 90 days you will have established the habit and worked out the daily logistics. Once exercise is a regular part of your day, it will be much easier to increase the amount of time you spend in small increments.

Action Item: What can YOU commit to for the next 90 days? Get out your calendar, make your plan, and get started.

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