

## **Busy, Over-scheduled, Tired, Stressed?? Try exercising!**

Increasing your fitness level will increase your energy level and reduce the negative affects of stress on your body and mind.

### **“I’m too busy.”**

- **Increase your daily mobility.** You don’t have to take a kickboxing class to feel like you have exercised, just try adding movement into your daily life whenever possible. Take the stairs instead of the elevator; do calisthenics, stretch or jump rope while watching TV; park far away from your destination and walk. Try wearing a pedometer and registering at least 10,000 per day.
- **Schedule exercise.** Make exercise a regular part of your day like any other appointment. If you can’t fit in a full 30 minutes at one time, break it up into three 10 minute segments. Just make sure you get your heart rate up.

### **“I’m too tired.”**

- **Commit to get fit.** Don’t put it off, give yourself 10 minutes to get into the exercise and after the initial hump you will start feeling better and more energetic. Exercise will actually increase your energy level once you get into a groove.
- **Use music as a motivator.** Feeling blah, pop in some tunes and get going. Some times all we need is some inspiration.
- **Exercise in the morning.** A long work day can wear you down. Exercising in the morning has shown to increase blood flow to your braining aiding in clearer thinking and improved memory.
- **Get more sleep.** Most people do not get enough rest. An exhausted body is more susceptible to stress and illness, so make sure you get the sleep you need, even if that means taking a nap during the day.

### **“It’s hot/cold and wet outside.”**

- **Find something fun to do inside.** Keep simple exercise equipment at home such as light weights, exercise bands, and a fitness ball. You can even just do simple stretches or isometrics with out any equipment at all. Or put on some lively music and just dance around the room.
- **Go to the mall.** Mall walking is a great way to exercise when the weather is bad.
- **Adjust your television viewing.** Put on an exercise video or play games with regular TV shows like you will do sit ups until the commercials end.

*Adapt from an article in the Nov/Dec 2008 issue of Arthritis Today by Terrie Heinrich Rizzo*