

FINDING TIME FOR FITNESS



How do you find time for fitness when so many things are competing for your attention? It's a common problem. The good news is that as little as 15 minutes a day can start a fitness habit – and deliver health benefits!

A recently published study conducted over a span of 12 years with almost half a million people found that 15 minutes a day of moderate-intensity exercise increased life expectancy. Every additional 15 minutes of exercise a day further improved the health outlook of the participants in the study.

Try these tips to fit 15 minutes into your day:

- Pick a time of day that works for you and stick with that time. Perhaps it is first thing in the morning, during a break at work or in the evening after dinner. Think of it as a part of your regular daily routine – like showering in the morning or brushing your teeth before bedtime.
- Do something you enjoy! People tend to make time for things they like. A brisk walk outside, a video exer-game, a dance workout to your favourite music, a simple stretch-and-strengthen routine you can do with one eye on your favourite TV program – they all qualify. Expensive gyms need not apply!
- Remember the benefits. We make time for things we know will reward us, and the rewards of physical activity are numerous: reduced stress, more energy, improved strength and flexibility, and simply feeling good about doing something for yourself.

Fifteen minutes a day can be the beginning of a habit that can grow and help you achieve your fitness goals. You'll feel good about fitting it in, and feeling good is an important factor in your overall health.