

# Let's Talk: Fitting exercise into your day

*Presenter – Jennifer Swayne, Clinical Counselor*

Hi, my name's Jennifer and I want to talk today about fitting exercise into your day. Do you ever wish you had more time to exercise? I know I do. Sometimes it seems like just another thing I have to get done. But fitting exercise into your day does not have to mean sweating it out at the gym for two hours. So let's talk about ways to fit exercise into your already busy day.

## Start slow

So, tip number one, start slowly and remember that any exercise counts. Even if you just have 20 minutes at lunch to walk, go ahead and do it. Studies show that at least 15 minutes of exercise a day counts.

## Make it a habit

Second tip is to make it a habit. We know it takes around three weeks for a behavior to become a habit. So the more you do it, the better you will feel, and the more you will want to do it.

## Schedule it

Another tip is to schedule it. If you find your calendar gets filled up with meetings, calls, to-dos, go ahead and just block 30 minutes off to exercise. You can get flexible with your workout times, also. I know for some that means getting up 30 minutes earlier to get some exercise in. For others, it means stopping at the gym on the way home.

## Try a gym or class

So let's talk about the gym. They're a great place to exercise for some, they get you out of the house, there's a place filled with machines and equipment, and even group fitness classes. They can range from inexpensive to expensive. Some employers even offer discounts to gyms and reimbursements for memberships. However, gyms are not absolutely necessary.

## Find what works for you

Like I said, not all exercise has to happen at the gym. This can mean walking around the pond behind your office, or around your neighborhood after dinner. You can even do workouts at home during a break. Or even check out if your office has an on-site gym or a workout class.

## Digital tools

And my favorite tip is to use technology. There are so many free websites and apps that give you workouts to follow. So you can do it from home, your computer, phone, tablet. You can even pause the video and break it up. So, personally, I used to do this during those busy days. I would do 15 minutes of a workout video in the morning, and the other 15 in the afternoon.

## Workout with a friend

And, lastly, don't do it alone. We all know we're more successful if we do things together. So make a plan with a friend to hold you accountable. And remember, if there is a will, there is a way.

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