What to Do If You Really Do Not Have Time To Exercise

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FUTURELIFE® Fun Facts:

- Exercising increases the production of cells that are responsible for learning and memory.[1]
- The more muscle mass you have, the more fat your body burns while resting.[1]
- People exercising just 15 minutes per day have a 14% lower mortality risk than those who do not exercise.[2]
- Secretaries only walk on average 2.7km per day. [2]

In as perfect world we will all work from home, raise our own children and never be stuck in traffic. This will result in nobody having an excuse not to exercise. If you spend 40 minutes per day less in your car you will be able to spend it running and then the problem of inactivity would be solved. But unfortunately we sit on a chair in our office from 8am to 5pm, the hour before we get to work we spend in our cars and the hour after work we do the exact same thing. Time to exercise fails to fit into our schedule.

THE PROBLEM YOU WILL NEVER GET RID OF…

There are 3 main reasons why we exercise:

1. To look good
2. Be healthy
3. For the fun of it

If you do not have time, reason number 3 will have to go, but how do we still look good and be healthy? To maintain a healthy weight you need to maintain a balanced energy intake vs. energy expenditure. What you consume you must use, but this principle is for those who can exercise. For those who can't, the principle will go like this: what you use you may consume. The more you exercise the more you can afford to eat, the less active you are the less you can afford to eat. So if you don't have time to exercise then here is the problem: you will ALWAYS have to make sure you eat as healthy as possible, consume as little energy as possible and keep away from junk food.

 Now that you realise that life is not that great without exercise you need to start making a plan on where are you going to use energy where you are, with the limited time you have.

TIPS ON HOW TO SPEND ENERGY WITHOUT SPENDING TIME

This will be easy to remember as it could happen in the same sequence every day.

- **Park as far as possible from the entrance.** Every step counts
- **Get out of your car 3 times.** The hardest type of exercise is when your body has to go "low" and then "high". Like sitting and standing. Park your car, get out, get back in and repeat.
- **Take the stairs! ALWAYS.** No matter where you are, in the mall or office and this counts for weekends as well.
- **Carry any load as if you are doing bicep curls.** Do not support weight (files/books/groceries) against your body. Bend your arms in a 90° angle and walk like that.
- **Go to the bathroom on a different floor or on the opposite side of the building.**
- **Use waiting effectively.** This is great to do while you wait for food to heat up in the microwave. Do lunges, squats, running on one spot, butt kicks or whatever you can think of. When you stand in a queue, squeeze your buttocks, ladies this is really an important area to attend to.
- **When you clear the table at home, take things one at a time.** This might take some time, but if you do not have time to go for a run, you will have to compromise somewhere.
- **Never just watch television.** Start a game in your home that for every advertisement that comes up everyone gets a turn to be the "gym instructor" and for those 3 minutes you do jumping jacks, push-ups or whatever your kids come up with.
- **Before you go to bed do sit-ups.** This will turn into a great habit and you will see the results! Try to increase the amount you do every week.

Remember that exercise is not something you do for other people and you are the only one that can do it to change your body or health. No one can exercise for you. We are active to increase our quality of life. If you realise that time is something that you do not currently have to spend on your health then you must understand that one day you may not have time to spend the money you made with the time you had.

REFERENCES

1. http://athletics.carleton.ca/2015/12-fun-facts-about-exercising/
2. http://vkool.com/facts-about-exercise/