

Don't have time to workout...five ways to squeeze it in

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With 24 hours in the day and the average person sleeping less and less, we would think we would have some spare time to workout. This is not the case for most who struggle to squeeze out 45-60 minutes of exercise five times a week. The bottom line is that your workout needs to be a priority. Getting creative with your time and workout style will help make that happen.

Squeeze out some extra time by **waking up a bit earlier**. Even if you are not an early riser, you will appreciate a morning run as the sun rises. One of my most pleasurable morning runs is coming up to the top of Rocklin's largest ascent and having the morning rays greet me at the top. Early morning classes are also a great way to begin your day. Even if you arrive with your eyes half shut, the music will brighten you up as you burn calories. Give yourself three weeks to adjust to your new early schedule.

If the snooze button taunts you and you have trouble keeping your morning schedule, **partner up with a buddy or a group**. Knowing others are waiting for you will help you stay accountable. I find running in a group increases my determination as well as pleasure when we gather at the end to stretch. Another great workout buddy is an eager family pet who will be quite grateful for the exercise.

If an early morning workout is not your style, make **use of your lunch hour** to shed unwanted pounds. A brisk walk outside with co-workers or a quick circuit around the building is easier than you think. Here is how to make use of that hour: 5 minutes to get into gym clothes, 35 minutes to workout, 15-20 minutes to freshen up. Not only will you feel revived when returning to work, you will save money and calories by packing your lunch rather than going out for it.

Not quite able to find a solid hour during your day? **Split it up**. It is just fine to have 2 or 3 mini workouts to get the job done. This is also an excellent opportunity to embrace cross training. A morning walk with the dog, a lunchtime bike ride and a stop at the gym on your way home from work. To ensure you get in that after work workout, head straight to the gym. Errands or a quick stop in at home can easily derail your workout plans.

Still finding it hard to get your workout in with your busy schedule? Then **make your workout part of your busy schedule** by exercising on your way there. Caryn Brustman, a nurse manager with Sutter Roseville, has 2 young daughters, Emily and Alison, and finds it hard to get her workout in with her busy family. Caryn has begun squeezing in her training for her second half-marathon by running to her kids sporting events. Caryn says her family loves seeing her run up to the field to join them and she doesn't feel like she is missing out or letting them down. If running to kids activities is not an option get your workout in while they are. At American Powerhouse TNT in Rocklin, you can take an adult fitness class while your kids train on the trampolines. If your kids are at a park for their practices, pack your tennis shoes and get moving. My daughters are always

rolling their eyes at me when we are at a park and I am stepping up and down on a bench for a little extra workout. Another way to multi-task is to study or catch up on reading industry journals while doing cardio. If you find yourself hitting the 3 o'clock wall at work, take your business for a walk on the treadmill. Studies have proven that exercise increases creativity. Finally, be a bit more earth conscious and exercise your way to work by running or cycling to the office.

Squeezing it all in can be a challenge but by being creative with your time it is possible. So next time, take the furthest parking spot you can find and relish in those calories you have left behind.