

5 Ways to Exercise with a Busy Schedule by Becky Wooster, PT, DPT

Your health trumps tidying and cleaning!

Your health is way more important than that pile of dishes on the kitchen worktop. Try fitting in your exercises when you'd normally do chores. Once you get into a routine, it'll be easier to keep it up.

Make a workout buddy out of your kid!

Instead of seeing your kids as little beings that stop you from working out, involve them in your workouts. Make your kids into your exercise weights! Challenge them to do as many repetitions as you! Pretend like y'all are animals :) Tiny baby? Incorporate tummy time into your exercise routine.

Get off Instagram

Try taking a week off social media and see how much time you get back. It's amazing how long we spend aimlessly scrolling when minutes are so precious in our lives. Even just 15 minutes more free time gets you lots and lots of repetitions of exercise. Think of how many repetitions that adds up over a month and a year!

Change Habits

Set your alarm 20 minutes earlier to get up move your body. Workout from home and cut travel time to the gym. Find a quiet spot in the office during a break to squeeze in some core work. Cut down on TV time to work on 'Project You', instead. Smaller changes will make a big difference.

Get regimented

I've found that actually scheduling my day and including exercise at set times has meant it's non-negotiable. I make the most of every opportunity. Nap-time, instead of having a much-needed sit-down, I do 15 minutes of PT exercises, and then once that's done, I sit down with a hot drink. After I pick my kids up from school, we play outside and I move or we go for a walk. I get to bed earlier and get up earlier, sometimes really early but it means I get half an hour of 'me-time' before the kids start needing me.

Adapted from MUTUssystem