

3 TIPS FOR SQUEEZING IN YOUR EXERCISE DURING YOUR BUSY DAY

By Donna McDine

Any woman that is a parent that doesn't think they have time for exercise can try the following tips to insure you get your exercise:

1. Before your household wakes, get up 30 minutes earlier, wash your face, put your shorts and t-shirt on, pop in your Pilates CD and complete a 20 minute stretch session.
2. If you are like many households that have staggered departure times get in 15 minutes on the treadmill or weight strength training before your next child gets up.
3. Or take a 15 minute brisk walk right before your little ones come home from school. Not only will you get additional exercise you will get your endorphins pumping when you need it most during homework, carpooling for sports, and preparing dinner.

Before you know it, you have a 35 minute workout accomplished before you head out for your day.

Good luck to being good to yourself!