

WHAT WE'RE READING...



May 2015 | huffingtonpost.com | Lori Rochino | Wellness

5 Ways to Add Health and Fitness Into Your Busy Schedule



Summer's here, and it's time to get back into beach body shape. While optimum health and fitness are important to many, the demands of work, home and personal life can leave one feeling like there's just not enough time. However, just a few minutes of exercise a day can actually improve one's health. Whether it's a simple five-minute walk or an intense hike in the woods, exercise can release endorphins that can help relieve stress and make you more relaxed and productive in everyday life.

Here are five tips to help you get fit and healthy.

1. Set short-term and long-term goals.

Short-term goals will keep you consistent daily. Long-term goals will challenge you out of your comfort zone. As a short term goal you could drink one green smoothie a day. A long-term goal would be to train and register for a 5K, 10K or beyond depending on your fitness level and time constraints.

2. Get support.

Surrounding yourself with others who share your goals and interests can help you stay motivated and accountable. Find a friend to run with or join a local fitness class.

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[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

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2. Get support.

Reaching out to others who share similar goals will help you reach your goals faster. Join a Weight Watchers group or a local walk or running club in your area. Join a gym or do a yoga class. Find an online weight loss forum for support and motivation.

3. Strapped for time? Multitask your workout with another activity.

Any activity that requires you to move your body is considered a workout. Do the activities that you can multitask. Walking is a no-brainer. Unless you have a medical condition that limits your ability to walk you can simply slip on sneakers on your lunch break, go outside and walk for 5-10 minutes while running errands. Park your car at the end of the lot if your errands include the grocery store or shopping mall. Don't forget to take the stairs or longer way back to the home or office. Mix exercise with family time by using Wii Fit or get competitive with the Fitbit bracelet app that tracks your progress and even has contests you could set up with friends.

4. Make water the drink of choice.

Eight glasses of water a day will keep you hydrated and help you lose weight off. Drinking water suppresses the appetite making one less likely to overeat. Water is easily accessible with water fountains at work, the mall, airport, etc. Always carry a filled water bottle on hand or have access to a fountain if you run out.

5. Choose a balanced meal when ordering take out or dining out.

You can choose what kinds of foods you eat. When you dine out or get takeout, opt for balanced portions of protein, carbohydrates and fats. If you head to a deli for instance opt for the grilled chicken with a side salad and a fruit cup for dessert. If you're out having steak, choose vegetables or a salad as your side instead of fries or mashed potatoes.

With these simple tips, you'll be able to easily fit health and fitness into your daily routine.