



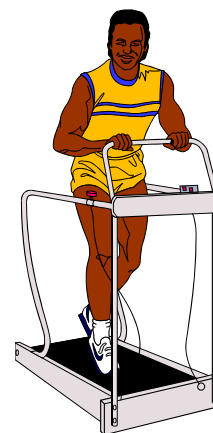
## Exercise Tips for Busy Professionals

Exercise can be a time-consuming affair for people who lead busy lives. Some merely use it as an excuse to dodge their personal fitness responsibilities, but others really do face a dilemma. Successful business executives and corporate personnel often do not have much time for proper workouts, and whenever they do have time, they usually don't feel up to it. It is a fact of modern life that time equals money. However, time also equals good health! It is no use having all the riches in the world if poor health won't allow us to enjoy it. No matter how much money we spend on state-of-the-art fitness equipment, expensive gym memberships or nutritional supplements, our personal fitness will always be a long-term investment that requires at least a minimum amount of time and effort. Fortunately research suggests that exercise does not have to take up that much of your day. Moderate activities done at intervals throughout the day can be as beneficial as demanding, serious workouts. Try the following tips to fit more exercise into a busy day:

**Get Serious!** Make a commitment to your personal health. Fitness is a responsibility, and exercise is an act of self-respect. You owe it to yourself, your family and your employer.

**Set Goals!** Goal-setting is your road map to success. You wouldn't take on a new investment project without a proper business plan, would you? The same principle applies to your fitness program. Set short, intermediate and long-term goals and make sure these goals are realistic and attainable.

**Get Organized!** Many busy people get so caught up in meetings and deadlines that they forget to fit in any physical activity at all. Some even forget to eat! Why not schedule a daily appointment with yourself? Make notes in your planner a week in advance to remind yourself to take a "fitness break" once or twice a day. Make a habit of packing your workout gear the night before and take it to the office with you. Stopping at home before going to the gym may tempt you to take the day off from exercising.



**Don't Give Up!** If you skipped a workout because you had an urgent matter to attend to or you just didn't feel like exercising, don't give up! You can always make up for it tomorrow. Fitness should not be an all-or-nothing affair!

Adapted from Fitness Zone International, [www.fitnesszone.com](http://www.fitnesszone.com)

