

HOW TO EXERCISE, EAT RIGHT, AND STAY FIT ON A BUSY SCHEDULE

INSTEAD OF EMAILING A COLLEAGUE AT WORK, WALK OVER AND RELAY THE MESSAGE.

GET ON THE TREADMILL FOR FAST WALKING 1 OR 2 MILES EACH DAY, DEPENDING ON YOUR TIME, BUT WATCH VIDEOS OR LISTEN TO MUSIC AT THE SAME TIME TO MAKE IT MORE “FUN” AND ENJOYABLE.

MAKE EXERCISE A PRIORITY. THERE ARE MANY THINGS YOU COULD BE DOING OTHER THAN EXERCISING BUT THAT WILL NOT HELP YOU TO ULTIMATELY MET YOUR HEALTHY LIVING GOAL.

DOING CHORES AROUND THE HOUSE WILL KEEP YOU ACTIVE AND MOVING.

BEFORE GOING TO THE GROCERY STORE, MAKE A LIST OF ITEMS TO PURCHASE.

FLAVORED JUICES, SODAS, ETC. SHOULD BE SLOWLY CUT OUT YOUR DIET.

WHEN EATING, GET A SMALLER PORTION OF EACH ITEM.

Put little notes for yourself – on your phone, on your computer, on your car dashboard – to keep moving, moving, moving.

While answering the phone at work, stand up and stretch, do a small number of small kicks.

MANAGE THE HOURS IN THE DAY VERY CAREFULLY TO SQUEEZE IN 15 MINUTES TO 30 MINUTES OF EXERCISE TIME. TIME MANAGEMENT IS NOT OFTEN THOUGHT OF AS A KEY COMPONENT TO LIVING A HEALTHIER LIFE, EVEN THOUGH IT IS.

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