

Tips to Get Busy Women Moving

When you get home from work in the dark, it's so easy to kick off the heels, slide into those comfortable slippers and unwind in front of the TV. The last thing you feel like doing is exercising, but exercise will help you boost your energy levels as well as wind down.

Instead of seeing a fitness regime as something to be avoided, look at it as a way to make you stronger, leaner, more energetic and better able to take on all the challenges life throws at you.

Here are some tips on how to include exercise in your life – and enjoy it:

1. Make exercise part of your home routine

Incorporate exercise into whatever you do once you get home from work, whether it is cooking dinner or bathing the children. Perform functional type exercises that do not require equipment, such as kitchen bench push-ups, bath tricep dips, lunges, squats or calf raises.

Set up the treadmill, cross trainer or exercise bike in the living room so you can watch TV while getting a good cardio workout. Those who experience back, neck or shoulder pain can try sitting on an exercise ball and doing core stability exercises - not only are you improving your balance, but you are also decreasing the symptoms associated with back pain from prolonged sitting.

2. Boost energy levels with exercise

A woman's health and fitness affects her capacity to work. By keeping yourself relatively fit (up to 30 minutes a day is the current recommendation), choosing healthy food options and avoiding take away and foods high in fat and sugar, you will discover that you have more energy, are more productive at work and home, experience less pre-menstrual symptoms and are less stressed and fatigued at the end of the day.

Exercising daily helps to decrease stress by reducing the stress hormone cortisol and increasing the good chemicals – endorphins - which are responsible for making you feel happy. And when you feel happy and less stressed, you are more productive!

3. Add yourself to your diary

Women are generally great at multi-tasking, especially when running their own business and taking care of a family. The best way to make sure you include time out - whether it is exercise, relaxation or pampering – is to make an appointment with yourself. Put in your diary so that everyone, including you, knows about it - and do not change it because someone needs to meet with you!

Rather than meeting a friend for lunch or coffee, try meeting them for an exercise session instead. This way you can catch up on all the gossip, whilst getting a great workout!

If there is an emergency – work or personal - do not cancel this appointment, but reschedule it to another time. Many people find scheduling time for exercise first thing in the morning before going to work makes them feel more invigorated for the day ahead - and they don't feel guilty at the end of the day when they haven't exercised due to feeling tired.

4. Don't use lack of time as an excuse

The best exercises for time-poor women do not involve a gym or a lot of equipment:

- Wall or kitchen bench push-ups
- Tricep dips on the edge of bath or kitchen bench
- Lunges down the hallway
- Squats with a washing basket
- Calf raises on a foot stool or step
- Stair climbing

5. Tips to get you moving

- Make an appointment to exercise
- Exercise with a friend/partner
- Record your progress
- Include the kids
- Mix up your exercise to stay interested and motivated
- Try non-standard exercise like dancing, ice-skating, roller blading/skating or surfing
- Get expert advice from a personal trainer or exercise physiologist if you need it.