

## EXERCISE TIPS FOR BUSY PARENTS

- **Know yourself.** Be realistic with yourself. If you are not a morning person planning a 5 am, a workout is probably not a habit you'll keep. Take a step back and be honest with yourself about what type of exercise routine will work best for you.
- **Block it out.** Try making an exercise appointment on your calendar to hold yourself accountable. If you set aside specific times in your planner or family calendar it may feel more like a non-negotiable commitment.
- **Have a plan.** Decide on the type of activity or exercise routine you'll do before your workout so you make the most of your time.
- **Use your lunch break.** If you have a job where your schedule allows for it, use your lunch break to get active. Take a walk around the neighborhood or use the facility's gym if it has one.
- **Make the playground your boot-camp.** No one is ever too old to play outside. If you take my kids to the playground, try to play along with them. Do triceps dips off a bench, incline push-ups, step-ups on the stairs or pull-ups on the monkey bars. The little bursts of activity add up quickly.
- **Take it to the streets.** If it's possible, try walking to nearby activities instead of piling into the car.
- **Track your steps:** When all else fails try to count your steps. Whether you use a high-tech fitness watch or a basic pedometer, tracking your steps helps ensure that you stay active all day. Aim for 8,000-10,000 steps per day.

Helping your kids' through the school week is important, but staying active is just as important to keep mom and dad heart-healthy!