Huntsville Center Safety Gram
Engineering the Edge for Safety Excellence
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Find Time for Fitness

How can you find time to exercise when your life is already filled with the responsibilities of work, children, at home and volunteering?

This can be a real challenge, but it is worth making the effort. Regular exercise will help you stay healthy, and it can improve your ability to work at a steady, efficient pace, and work more safely. It can even make it easier to cope with all the responsibilities which fill your days and evenings.

If you are having trouble fitting in the traditional morning run or a stop at the gym after work, it's time to get creative about exercise.

Consider these ideas:

- **Come up with your own time of day for exercise**. You could consider getting up earlier. Exercising first thing in the morning works well for many people. On the other hand, you might not be able to work out in the early morning when you are busy getting the children off to school. So perhaps you could go for a long walk after supper each night. Watching the late-night news while riding an exercise bike for a half-hour is another option.
- **Walk or take a bike to work.** If you live too far away, walk to a bus stop a mile away instead of the one in your neighborhood. Or walk instead of drive to your area park-and-ride location. Do this several times a week and just take your own vehicle once or twice a week so you can do shopping and other errands on the way home.
- **Exercise on your lunch break.** Some workplaces have workout facilities in the plant or nearby. But even a walk around the grounds is good exercise.
- **Do stretching exercises at your work station before you start work and when you take a break.** These exercises can keep you flexible and prevent muscle strains.
- **Carry your walking shoes or other workout gear in your vehicle.** Then you won't be able to use the excuse of not having the right clothing with you.
- **Make exercise a regular part of your social life.** Instead of meeting your buddies for a drink, get together at the tennis court. When a friend drops in to visit, go for a walk around the neighborhood instead of sitting down at the kitchen table with the coffeepot.
- **Make exercise a central part of your family life too.** Shoot some baskets in the back yard with your children instead of slouching in front of the TV together.
- **Plan ahead for active weekends and vacations.** If you are driving to another city on the weekend or across the country on your vacation, you can take some active breaks. A lunch break could include a short hike at a scenic stop near the highway. Take the opportunity to learn a new sport while you are on vacation.

In order to get into the habit of exercising regularly, you need to make it a priority. It has to be right up there with your work and other responsibilities in terms of importance. Your dedication will pay off; because exercise can help you cope with all aspects of your life.

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