

Make an Appointment to Exercise & Keep It



Like many people, you're probably wondering when you'll find the time to exercise when your days are already jam-packed with job responsibilities, family demands, and other obligations.

It's true that trying to fit something new, like exercise, into a busy schedule takes some doing.

But it can be done. Here are some pointers to get you started.

- Make an appointment to exercise, just as you would schedule any other important obligation, and write it on your calendar.
- Choose an exercise or fitness activity that you'll enjoy, so you'll look forward to your workout and be less tempted to skip it.
- Look for openings in your schedule you may have overlooked—after the kids leave for school in the morning, before dinner, or during lunch hours you normally spend with friends or business colleagues.
- And one more thing: Don't give up if you occasionally have to skip your workout because of a cold, bad weather, or emergencies. Perfect attendance isn't important.

Exercise Early

What's the best time of day to exercise? A study conducted by the Southwest Health Institute in Phoenix, Arizona, showed that 75 percent of morning exercisers were likely to still be at it one year later, as opposed to 50 percent of those who exercised at midday and 25 percent of those who exercised in the evening. It seems that as the day progresses, would-be exercisers are more likely to think of excuses to avoid working out.