



“No Time” is No Excuse

There are many excuses for not exercising (trust me; I’ve used every one in the book). The most popular attempt at justification is the issue of **time**. Many people feel that between their 9 to 5 job, picking kids up from school, and getting dinner on the table, there is no time left to focus upon their physical fitness. That would be a completely valid excuse... *if* exercise and daily responsibilities were mutually exclusive activities... but they aren’t! Here are a few ways to incorporate exercise into your daily routine without having to set aside an entire block of time.

1. Housework can be great exercise!

It may not seem like it, but simple household chores such as washing windows or vacuuming are actually calorie burning activities. In fact if a 150 lb person vacuums for 30 minutes, they will have burnt about 376 calories on average. Even a stationary activity, such as washing dishes will burn as much as 80 calories on average. These calories vary; in general, the more you weigh the more calories you will burn for doing the same activities. Another way to make the most out of your cleaning duties is to add another dimension of movement to the chore. For example, if you’re cleaning your sliding glass door, clean it from top to bottom and incorporate a variation of a squat. Not only will your window be spotless, but you will have accomplished some lower body toning along with upper body activity. If you’re standing still and washing dishes, get a nice calf workout by tightening your legs and alternate between standing on your toes and on your feet. Your routine doesn’t have to involve a treadmill or free weights to be considered physical activity!

2. You’ve heard it before, but seriously... TAKE THE STAIRS!

Many people in America have time-consuming occupations and manage to fit in time for physical activity. So justifying a sedentary lifestyle with the career excuse is rendered null. The trick is to *incorporate* fitness into your every day schedule. We’ve all heard the “take the stairs” suggestion, but how many of us really follow it? It’s hard to see that such a small change would make any significant difference in our

overall health. But if you think about it, it is a really easy way to shed a pound or two every three months. According to realityofweighing.com, you burn about 4 to 6 times more calories by climbing stairs than you would taking the elevator. If you take 10 flights of stairs a day (most office buildings require at least 5 going up one way), you will have burnt an extra 250 calories per week. Burning an extra 3,500 calories will result in 1 to 2 pounds of weight loss. So, by simply taking the stairs, you can lose an extra 6 to 8 pounds a year.

3. Family time doesn't require the television.

Having children should actually provide you with *more* opportunities to increase physical activity. One of the sad truths about modern society is that watching television is no longer an occasional luxury, but a perceived necessity. Don't get me wrong, I love the tube just as much as the next person; but when staring at the television is considered "family time" in most households, the obesity epidemic in children comes as no surprise. There are so many great things families can do together that involve physical activity and conversation... about topics other than the latest plot twist of Grey's Anatomy. So on a Saturday, rather than take the kids to the movies, take a trip to the park or the pool, play kick ball in your back yard – the possibilities are endless. Not only will it improve the health of you and your family, but it will strengthen your relationships, and possibly open dialogue between parents and children that a television show could not.

So... what are you waiting for? Just like life, your state of health is a series of small, seemingly insignificant choices that ultimately lead you to where you are. Physical activity is physical activity whether it's taking a 5 mile run or doing some window washing squats. Try to maintain an awareness of your body, and pat yourself on the back for even the smallest changes you make. Every decision is one step closer or farther away from becoming the healthiest *you*, you can be.

Written by: Allie Ballantyne

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com