



By Michele Clemens-Silence, MA

Fitting in Fitness

One of the most popular excuses for failing to work out is not having enough time. Are you really so busy it's impossible to squeeze in exercise? Or is it more likely your time gets spent on things that aren't top priorities for you? If you frequently use time as an excuse for missing workouts, here are some ways to see if that excuse is really valid.

YOUR USE OF TIME

Being totally objective, fill out the following top-10 list with the items that are most important to you (1 being the most important item). Think in terms of your overall life and what you love the most.

LIST #1: Top 10 Things in My Life

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now list the top 10 ways you currently spend your time (1 being the activity you spend the most time on).

LIST #2: Top 10 Ways I Use My Time

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Take a look at List #2. From that list and your experience, note any activities that whittle away at least 10 minutes of your time a day. Include things like waiting in store lines, holding on the phone, being stuck in traffic, waiting for clients, watching TV, etc. Beside each entry, state how much time gets spent, and add up an average daily total.

LIST #3: Time I Waste Daily

AMOUNT OF TIME WASTED	ACTIVITY
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

Total Wasted Time Each Day

_____ HOURS/MINUTES

WAYS OF INCREASING TIME FOR FITNESS

Compare List #1 with List #2. Do you devote the majority of your time to what means the most to you? Or do you find yourself using precious time on items that really don't mean that much? If your two lists don't enhance each other, it's time to get your priorities in line. For example, if your number-one priority is enjoying your family, yet you work long, hard days to support them, you may need to look at working shorter days for less pay.

Now look at List #3. The purpose of this exercise is twofold. First, it shows we all waste time. After all, no one can be expected to run full tilt without a

moment of rest. But the truth is, there is time available for health and fitness. It's simply a matter of motivation. (If you won the lottery, wouldn't you find time to pick up the money?) Second, this list shows that planning your time more wisely can free up times in other parts of the day. For example, if you find yourself holding on the phone a lot, use that time to pay bills or make a grocery list. While you're waiting in a doctor's office or under a hair drier, why not catch up on your work-related reading? Then you'll have saved yourself a chunk of time for exercise and other fun things.

The question is: How much do you value yourself? If you pack the day so full there's no time for you, you're stressing yourself beyond human limits. The body and mind need exercise and rest to stay fit and well. Take a closer look at your use of time to find a way to ease activity into your lifestyle. ●

Michele Clemens-Silence, MA, is a fitness consultant, personal trainer and freelance writer. She has been teaching fitness for over 10 years and has a master's degree in clinical/sport psychology.

This handout is provided as a service of IDEA, the international association of fitness professionals, the leading organization serving personal trainers, exercise instructors and fitness business operators.

Mind Body Balance
Your Global Fitness And Well-Being Studio

Kimberly A. Searl
www.mindbodybalance.com
By Appointment Only

Phone: 734 - 241 - 7457

Fax: 734 - 241 - 7457

kim@mindbodybalance.com