

Adding Resistance Training to Your Routine

As a trainer, two of the most common excuses for why people don't exercise is that they "don't have time" and "don't have the money" to do so. While it's good to be busy (work over full time, run a business and be involved in several community endeavors) the excuse of not having time to train does not hold water. Some days you do not train, aside from walking briskly around when completing tasks, and other days you can only commit very little time to it. The following paragraphs will provide some reasons to train despite 'not having time' as well as some ideas on how to fit it in between your obligations.

A major issue to overcome is the idea that unless you spend at least an hour or more on a 'fitness session' it was not worthwhile. The more active you become, the more you may realize that this is untrue. Granted, if you can spend an hour getting in a good warm up, some mobility work, strength training, interval training and more mobility work/cool down, great – this is ideal! That is simply not feasible for many of us, at least not every day. The fact is, if you can even find time to do one set of push-ups, walk further from your car to your errand of choice, choose the stairs instead of the elevator, bike to work instead of drive or 'superset' exercises in with housework, you're doing great! A properly done push-up is a push-up, and is beneficial to your body no matter how you slice it.

The idea here is how to live an active, healthy lifestyle and fit specific movements into this lifestyle to help ensure a long, healthy life. In the title of this work, the term "resistance training" instead of "weights" is used intentionally. Resistance training can be anything from using weights, to exercise bands, to your own bodyweight! As long as there's something resisting your movement (even gravity) it counts. Lying on the floor is not resistance training, but getting up from the floor is – extra bonus if you've chosen to get up from the floor holding something heavy!

Helpful Ideas:

- When you can devote a chunk of time (10-60 minutes) to exercise:
 - Go for a walk – every five minutes, stop and do a set of push-ups/squats, jumping jacks, burpees... anything using your bodyweight!
 - Similar idea – on your walk, make a pact with yourself to run or walk briskly up every hill you encounter.
- When you have "too much to do" to exercise:
 - Carry your purchase out of the store instead of using the cart.
 - Do push-ups/squats/jumping jacks at your house as you clean (a set of push-ups only takes about 20 seconds). Mixing fitness in with your chores helps get both things accomplished and breaks up the act of cleaning.
 - If you must watch TV, move on the commercial breaks. **Challenge:** try to do 5-15 push-ups each commercial or alternate between push-ups and squats!
 - Use cans, jugs of water/milk, bags of sand, etc. as weights at home.
 - When mowing the lawn or doing yard work, try to make it physically harder than it has to be.



Clearly, these are just a few ideas to get you thinking creatively about living a more active lifestyle. People often forget that while exercise is **very** important, it is still only something you do for a small portion of the day. If you don't live an active lifestyle, it's far more important you start doing so for your health than to start a hard core regimented workout program designed by an expensive trainer. While you may get faster results from the program (assuming you stick with it), there are many things you can start doing during your day to make changes for the better.

The decision to start living actively is one that is "putting money in the bank" for your health and wellness, and will benefit you directly and those you care about indirectly (they get to have a healthier, happier you in their lives.) It's recommended that people try to dedicate a few hours a week to their fitness and themselves when they can, but the above ideas are a great place to start! Consider that fitness and activities are a time just for you and have myriad mental and social benefits, as well as physical. As stress levels fall and you have more energy, you will become more productive, and be able to do more with the little time you have. The more active you are, the more productive you can be, and suddenly, before you know it, you'll have more time to do the things you enjoy with the people you care about!

Activity Option:

- Bring in resistance bands or other alternatives for resistance and take team members through some exercises where they can add resistance to their routines

