

## Find an *extra 30 minutes* in your day with these 5 tips

Of all the excuses I hear (and I've heard many!!), being time poor is the most common thing that stops us from exercising.

Do you ever wonder how some people are super busy with work, friends, family and community commitments and yet they still find time to exercise?

How? They are super organised and committed to what they want to do.

Before you run away screaming, read my top 5 list of ways YOU can find an extra 30 minutes a day to move more (without getting up at 5am)

### The benefits are HUGE:

*When I ask my clients recently why they exercise, they tell me:*

M H - I exercise to **increase my energy level**, my physical strength and my mental well being..thanks for helping me along my journey Anja!

[S W](#) - **Mental health**, weight loss & fitness. I'm prone to anxiety & depression so exercise is really important for me, I feel so good after our sessions.

E O - If I don't exercise, it's like when I've skipped a meal, I'm tired and irritable! I find **exercise brings balance to my life**, it relieves stress and boosts my energy levels. It's also a time to myself and it's fun 🍷

A D - This post prompted me to dig out an old piece I wrote, on why I choose to run. In short, **I run because I can.**

So, we know we feel better, now let's start doing it:

### Tip 1: Switch off

I'm sure you've all heard this one, but do you do it? It's amazing how quickly half an hour can slip through your fingers as you scroll through facebook, check out the latest Instagram pics or watch TV.

I'm not asking you to never do these things, but next time you have time to turn to facebook, maybe put on your trainers and get outside for a power walk.

**Tip 2:  
Delegate**

"I have to do everything at home"  
"If I don't do it, no one will"

Sound familiar?

Stop being such a martyr!

Sit down and make a list of the things you can delegate.  
If you have children at home – give them age appropriate jobs to do.  
Hang out the washing (10 minutes),  
Unstack the dishwasher (10 minutes),  
Put the bins out (5 minutes)  
Wipe down the kitchen benchtops (5 minutes)

If they're a bit older, they can make a start on dinner or lunches for the next day

Hey presto – 30 minutes for YOU

**Tip 3:  
Prioritise / triage**

Most jobs fall into 4 categories

URGENT – do NOW	URGENT – must be done but not immediately
Needs to be done but longer time frame	Nice to do (or self imposed) but not really important

Use this table and fill in your jobs – be honest! There are probably very few that fall into the NOW! category.

So – put it off and get moving

**Tip 4:**  
**Use a timer**

If you really need to get some jobs done, set yourself a timer for 30 minutes and get on with it. After 30 minutes, spend 10 minutes doing a quick workout.

Set another 30 minutes for the next job followed by another 10 minutes workout.

Setting a timer focuses your mind on the task at hand so you'll be more efficient, you'll get that sense of satisfaction that comes from ticking off a to-do list item and you have a break ahead

PLUS, if you exercise in 10 minute bursts, it's not so daunting (facing a 60 minute workout when you're not in the mood is not inspiring) and you'll feel energised without being totally wiped out.

**Tip 5:**  
**Prep ahead**

This is one of my favourites. I get a little nervous when my supplies run low.

**Long term:**

Bulk cook dinner. I use school holidays to restock my freezer (I have a chest freezer).

Think:

- pasta sauces,
- burger patties
- bolognaise, lasagne
- marinated chicken strips
- curries

**Short term:**

Weekends are for making sandwiches for the freezer, boiling eggs for the fridge and chopping up veggie sticks and making popcorn.

Morning tea and lunches – done!

Now you've saved yourself half an hour in the mornings and evenings to smash out a quick routine (check out my website for some 20 minute workout ideas)

We all know that exercise is good for us and most of us should be doing a bit more, so start using these tips and find 30 minutes extra in your day to get out and get moving.

<http://goforfit.com.au/home-hiit/> for a workout you can do at home – start with 10 minutes or keep going for longer