

Don't put off tomorrow....what you can do today.

One of the most common excuses for not fitting activity into every day living is lack of time. The reality is your time is 100% yours until you give it away. Who better to give your time to than you.

We find the time for an extra client and the all-mighty dollar, to catch our favourite television program, lunch or coffee with a friend or watch our kids in dance or hockey. You find the time to do the things that matter. People who cannot find time for recreation and exercise are obliged sooner or later to find time for ill health.

The time has come to get serious about making time for those things that improve your health: exercise, rest and relaxation, healthy eating and more play.

Failing to plan is planning to fail. The first place to start is with your schedule. Place everything you do in a day on a planner from start to finish. Now prioritize the tasks and eliminate time wasters. For example television, computer video games etc. Now pencil your exercise activity on the schedule.

The key to sticking to the schedule is to work all the other tasks of the day around you. Often business, meetings or children or friends and volunteer work and even housework replace our time for ourselves. Prioritize activity 3 or 4 days per week. Compromise something else or get help from someone so that you don't give up your commitment to activity.

If you have a job where it is possible to eat a light lunch at your desk without jeopardizing your job, then do that a couple of times a week and spend the other few days exercising at lunch. Most lunches are an hour long. You can accomplish a lot of activity in that time. As for the shower excuse...I know someone who gives up her morning coffee break twice a week to drive to a gym, kick butt in a 45min boot camp class, have a quick rinse and drive back to work in just over an hour. Why? Because, its' that important.

Taking time to be well prepared for obstacles and excuses is so important in the process of change to ensure your behaviour of healthy living sticks. Too often people jump into action without considering all the factors that may prevent them from sticking with their new plan. Whether you are starting a new exercise program, changing your eating habits or plan to stop smoking, it is important that you make room for this new change. That means taking a good look at your life and finding ways to allow this change to become a way of life.

Family

You will not be successful if you are part of a family that does not also take on the new behaviour change. That means thinking of ways that you can be active as a family. Everyone in the family follows a healthier diet or no one in the family smokes. It is challenging enough to get a meal on the table these days. When you have to prepare your calorie conscious meal and then something different for the rest of the family the temptation to not bother with your meal plan usually wins out. Have a family meeting and discuss what responsibilities and expectations you have from one another. Everyone needs to be working together and offering encouragement to one another.

Friends

Spend more time with the friends who are good role models and avoid those who will sabotage your success. We are all struggling to fit in activity. Your client or friend might appreciate your suggestion to meet for business over a squash game, run through City Park or a workout at your gym. When it is your turn to entertain friends, lead by example. Suggest outings that are active and be consciences about serving meals that are laden in calories. Evening activities tend to be very sedentary, use your imagination and get you and your friends moving.

Colleagues

How great it would be to have an office buddy who you could count on to drag you to the gym after work when you were not feeling like it. Or accompany you on a power walk at lunch hour. Find a co-worker who has similar aspirations in fitness as you do. Approach your boss and ask if they will support your healthy living plan by extending your lunch hours by 15 minutes twice a week so you may get a work out in. Negotiate the cost of a fitness membership this year when it comes time for a pay raise. The company can use it as a tax break and you can use it to get fit. Your employers should be pleased that you are making an effort to get or stay healthy and fit. Your health directly impacts their bottom line in the long run. If they can see that they should be working with your schedule. Employers who advocate physical fitness for employees will reap more benefits than they know

Commitment

Take a look at your level of commitment. Do you have one? You will be as successful as you are committed. Recruit the commitment from family, friends and colleagues. It is by far commitment not willpower that will ensure that you stay on track when excuses and obstacles derail you from your plan. And remember, your time is 100% yours, until you give it away.

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