

## **How to Incorporate Fitness and Training Goals into Your Life**

It's Monday morning, you've fired up the Palm Pilot and the week already looks ugly. A 7:00 a.m. staff meeting, two evening meetings for organizations that you've been volunteered for, your kid's Wednesday evening soccer game, and a middle school band concert on Thursday, and wall-to-wall meetings in between. Where in that schedule lies time for any training and exercise, let alone eating and sleeping?

Yet some of the busiest people seem to find a way to carve out time for fitness and training. The cliché, "if you want something done, ask a busy person" is astonishingly true.

The first premise is to give up the notion of finding time to train and exercise. Busy people don't find the time to attend another meeting or take on another project-or to do anything. Put simply, they make the time by being willing and flexible. They also multi-task like crazy. The following steps and suggestions may help you make more time in your life for the training that means so much to you!

### **1. Commute to Work**

Steve Tower, an Alaskan physician working 60 to 70 hours per week makes time to train during his daily bike commute. He puts in enough mileage to compete and perform well in ultra-distance races. Tower stashes several outfits at work and switches out his wardrobe weekly. When he's running late, instead of a shower, he takes a sponge bath using one of several pre-moistened wipe products available at the market. He also invested in a good lighting system to get around in the darkness of winter. "My life is a no-brainer," says Tower, "I get up, ride to work, go from room to room, and ride home." A busy professional, Tower makes time to ride by using the bike as transportation.

### **2. Split Up Your Workout**

No time to put in the long endurance efforts? Try splitting the workout. If you're supposed to do a 2-hour ride on Wednesday but you don't have the 2-hour block, do 1 hour in the morning and 1 hour later in the afternoon or evening. You'll get in the same amount of time within a 12-hour period, which is almost as good as one long ride.

### **3. Record Your Training**

A structured life benefits from a structured program. Keep a training diary. Entering data and information in a log keeps you honest. No one likes to see blanks on a calendar. Being accountable to a training diary can be a motivator to carve out time for training.

#### **4. Establish a Goal**

Deadlines have an amazing impact on some people. If you're one of those people who need a deadline in order to get anything done, establish a fitness or performance goal that has a specific due date, like a charity event or competition. Often, deadlines help busy people manage their time more efficiently, and you may find that having a concrete goal out there, one that's getting closer by the day, helps move exercise and training up in your priority list.

#### **5. Schedule Yourself**

Other people schedule meetings and activities for you every day, and you deserve to schedule some quality time for yourself as well. If you use a calendar for scheduling meetings at work, or day planner to track soccer games and recitals, try recording your plans to exercise as well. By doing so, you can make a conscious decision whether you want to move or cancel your exercise appointment when unexpected events come up.

#### **6. Give Yourself a Break**

Life has a habit of getting in the way sometimes, so switch training days if need be. The occasional skipped workout is not the end of the world (your fitness will not disappear overnight, or even after a week). When you do have a break, allow yourself to take it. Savor recovery days as chances to ride easy and not feel guilty, to reward yourself and decompress from the week's mental and physical challenges. Use recovery days to ride with your kids or with your spouse; or incorporate different activities, like a walk, a hike, or playing Frisbee in the backyard.

When you make fitness a priority in your daily life, working out becomes a natural part of your lifestyle and integrates seamlessly with meetings in the boardroom, hectic travel schedules, quality time at home, league soccer and those middle school band concerts.