

8 TRICKS TO ADD A WORKOUT TO YOUR DAY

WAKE UP 30 MINUTES EARLY

This is the easiest way to get your workout in and to feel good the rest of the day! Fasted exercise (working out before breakfast) can kickstart your metabolism and create a hunger for breakfast. Once you make waking up earlier a priority, your body and mind will easily adapt to this healthy habit.

COMBINE YOUR QUIET TIME WITH YOUR WORKOUT

Why not go on a walk and listen to your Bible app and pray? You can also worship the Father and let Him know how thankful you are for His blessings.

COMBINE YOUR ENTERTAINMENT WITH YOUR WORKOUT

Workout while watching your favorite show! Or listen to an audiobook while riding a stationary bike. The possibilities are endless.

PACK YOUR LUNCH AND WALK THE STAIRS

If you work at an office, instead of going out to lunch, bring a packed lunch instead. Then grab your headphones and take a walk outside or up and down the stairs.

FIND A NEW HOBBY THAT KEEPS YOU ACTIVE

Why not take up a new hobby or revisit an old one? You can go golfing, swimming, salsa dancing, fishing, cycling, kayaking—so many choices!

DON'T JUST SIT THERE AND WAIT. GET MOVING.

Instead of sitting in the car while picking your kids up from lessons, get out and go for a walk. Or find a local mall to walk through.

MAKE THE PARK YOUR PERSONAL GYM

While the kids play at the park, you can exercise, too! You can intermix some basic training exercises while keeping a watchful eye on them.

DO YOUR WORKOUT IN INCREMENTS

Park at the far end of the parking lot and walk longer. Walk to get the mail. Make every effort to get in 6-10 increments of exercise (3-5 minutes) a day, and you will hit your 30-minute mark.

Reframing
[40 Days to Reframe
& Refresh Your Life]

