

Busy Life, Happy Body

Traveling, working long hours, not enough energy...

The world we live in today moves so fast and it is very easy to let all of the day's responsibilities and obligations take over the things we want to or "should" do. Work, home family... the list can get pretty long.

Working out is no exception. Without regular exercise, our bodies can very easily become seething volcanoes just waiting to blow.

Here are some easy solutions to, your potential endless possible list of excuses, to incorporate exercise into your lifestyle.

14 Easy Ways to Workout at Work

Possible Excuse: "I'm way too busy to workout."

Following are 14 tips that will help you to sneak in small workouts without adding more time to your already too-busy day at the office!

#1 – Park further from the office and walk.

#2 – Ride a bike to work instead of driving if you have the option. Good for you, good for the environment!

#3 - If you use public transportation, get off a stop earlier and walk if you can.

#4 – Take something to your car before 5:00 just for the exercise!

#5 – Take a walk at lunch and eat a healthy meal at your desk.

#6 – Buy a hand gripper and use it while you are reading, waiting for files to download, etc. Using a hand gripper is a great workout for your forearms and better strengthens your hands to deal with repetitive motion like typing or clicking your mouse.

#7 – Keep small dumbbells or exercise bands in your desk drawer and do arm exercises with them throughout the day.

#8 – Take a break and stretch your muscles every hour or so.

#9 – Take the stairs instead of the elevator when possible.

#10 – If you carry a briefcase, keep a couple of heavy books inside. As you are walking in to work you will get an arm workout. Remember to switch arms.

#11 – Use your briefcase for some arm curls at your desk (when no one is looking!).

#12 - When sitting at your desk, occasionally lift your legs off the floor and hold them out straight for 15 seconds. This will activate your core muscles.

#13 – Tone up your butt by flexing for 20 pulses while sitting in your chair! Repeat this 4 or 5 times throughout the day.

#14 – Only fill your water bottle up half way at the water cooler. That way, you will have to get up and walk more often.

Purpose to utilize these 14 easy (and inexpensive!) ways you can workout at work without adding a single minute to your day! You have to be there anyway, so why not make it worth your while and get the benefits of exercise at the same time!

No more “I’m way too busy to workout” excuses!

No Equipment Travel Workout

These exercises target the entire body and are great for travelers or those who don't have a lot of equipment. All you need is a thick phone book (or any other thick, heavy book) and a stool or chair. Some exercises are very advanced, so use caution and modify the workout to fit your fitness level.

1. Begin with a warm up of light cardio (hotel stair, laps in pool, jog in place or jumping jacks)
2. Beginners perform 1 set of 12-16 reps of each exercise, modifying each move to fit your fitness level
3. Intermediate/Advanced: Performs 2-3 sets of 10-16 reps with short rests in between
4. Add intensity by adding weights or slowing the movements down
5. See your doctor if you have any injuries or illnesses
6. Click on pictures for a closer view

Staggered Pushups

Try a different version of your usual pushup by putting one hand on a phone book (or any other object) and the other on the floor. On your knees or toes (and with body straight) lower down into a pushup and push back up. Do as many as you can and move on.



Good Mornings

Stand with feet about hip-width apart holding phone book (or medium weight) straight up overhead. Keeping abs braced and knees slightly bent, tip from the hips and lower the torso until it is parallel to the floor, keeping the arms in line with ears. Lift up and repeat. Keep the abs braced throughout the move. If you have any back problems, skip this move!



Rear Delt Fly

With feet hip-width apart, tip from the hips until back is flat and parallel to the floor, abs braced. Lift the arms straight out to the sides to shoulder level with thumbs pointing up to the ceiling. Lower and repeat. Add light weights for intensity...if this hurts your shoulders, skip it!



Triceps Dips

Sit on a bench or chair with hands resting next to thighs. Push up and bring the hips out, butt just brushing the bench, knees bent. Bend the elbows and lower body down (staying close to bench) until elbows are 90 degrees. Push up and repeat. Straighten the legs for more intensity.



Triceps One-Armed Pushup

Lie down on left side, hips and knees stacked. Wrap the left arm around torso so that left hand is resting on the right waist. Place the right hand on the floor in front of you, palm parallel to the body. Squeeze the triceps and push your body up. Lower and repeat before switching sides.



Squats Thrust

With feet wider than hips, squat down and place hands on phone book in front of you. Raise up on the tips of your toes. Staying on tiptoes and fingertips, lift hips up towards the ceiling and straighten the knees as much as you can. Squat back down and repeat, staying in tiptoes the entire time. Modify by placing hands higher (on a chair or bed).



Lunge with Arms Overhead

Stand in split stance with feet about 3 feet apart. Hold phone book or weight straight up overhead. Bend the knees and lower into a lunge, bringing both knees to 90 degree angles, front knee behind toe. Keeping weight overhead, push back up and repeat before switching legs.



Single Leg Lift and Squat

Place hands behind the back and tip forward until back is parallel to the floor and flat, abs braced. Take right leg out to the side, resting on toe. Squat down with the left leg while simultaneously lifting the right leg a few inches off the ground and out to the side, leg straight. Straighten and repeat for all reps before switching sides.



Calf Raise

Stand on phone book with heels hanging off the back. Keeping body straight, lift the body up onto tiptoes by contracting the calves. Lower and repeat. You can do this on the floor as well.



Oblique Abs

Sit with legs bent, back straight, arms extended straight out in front of you. Contract the abs and sweep right arm down and behind you in a half-circle motion, leaning the torso back a few inches. Sit back up and repeat on other side.



Additional Possible Exercises

Planks: prone, supine and side

Walking Planks: (up/down push up or cat/dog)

Crunches: Straight leg on floor and off, feet on floor and off, reverse (knee lifts), side (supported, unsupported, legs straight or bent knees), mermaids (leg lifts—obliques)

Lower Body: Bridge, Wall Sits, Fire Hydrants, Hip Abductions

Upper Body: Front arm raise (single or both), Bicep Curl (single or both), Triceps Extension (single or both), Lateral side raise (single or both), Overhead Press (single or both), Bent over Row (single or both)