

7 Life Hacks to Make Time for Exercise

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“I don’t have the time” is a common excuse that people use for not working out. In reality, though, we all only have 24 hours each day. So the question becomes how do *you* use those hours in your day? It turns out that we all have a little more time than we think if we use it creatively. Take a look at these 7 life hacks for help:

1. Move during your meetings

Getting up and pacing around the conference room *might* irritate your boss, but if you’re in your own private office or on a conference call at home, why not move around a little bit? This isn’t “formal” exercise, but it’s movement nonetheless. If it’s the only movement you get during the day, then better to make it happen now than to do nothing at all! Plus, you may even gain added energy and confidence from walking around, resulting in a positive impression on your clients or the courage to negotiate a tough deal.

2. Turn your commute into a workout

Why spend 45 minutes stuck in bumper-to-bumper traffic if you can bike or walk to work in equal or less than that amount of time? More and more people are opting to turn their commute into a workout, stowing their workplace necessities into a backpack instead of a briefcase. You may actually save time by doing this while also getting in exercise. It’s a win-win!

3. Don’t spend an hour in the gym, just HIIT it for 30 minutes

High-Intensity Interval Training ([HIIT](#)) workouts are becoming

increasingly popular because they save time and increase efficiency. HIIT workouts recruit multiple muscle groups at once for intense intervals that bring your heart rate to near-maximum levels before allowing it to briefly recover. This cyclical rise and fall of your heart rate, combined with full-body muscular recruitment, enable you to burn a lot of carbohydrates extremely quickly, resulting in a lot of overall calories burned within a short period of time.

[HIIT](#) workouts also help you to continue burning calories even after you've left the gym, thanks to post-exercise oxygen consumption (EPOC). In other words, your body is trying to recover for a few hours following your workout and burns energy in the process. This really shows us that *less can be more*. You can workout, shower, and be walking out of the gym, all in less than an hour with this kind of routine!

4. Socialize while you're moving

What better way to stick with your exercise plans than to know that you have a friend waiting on you for a workout? Invite your friends to exercise with you, and you kill two birds with one stone. Grab your traditional coffee date or something else fun while you stretch. If your friends can't join you, then schedule a phone date to catch up and plan to go on a brisk walk or jog during that time. They're your friends after all, so they won't judge you if you're a little out of breath. In fact, they'll probably cheer you on!