

Make an Appointment to Exercise—And Keep It

Like many people, you're probably wondering when you'll find the time to exercise when your days are already jam-packed with job responsibilities, family demands, and other obligations.

It's true that trying to fit something new, like exercise, into a busy schedule takes some doing. But it can be done. Here are some pointers to get you started:

- **Make an appointment to exercise**, just as you would schedule any other important obligation, and write it on your calendar.
- **Choose an exercise or fitness activity that you'll enjoy**, so you'll look forward to your workout and be less tempted to skip it. Here are several suggestions:
 - **Walk your way to fitness.** Walking is a great way to keep fit without risking injury or buying lots of special equipment, and almost anyone can do it with ease.
 - **Pedal for fitness.** Riding a bicycle is good for body and soul. Cycling gets you out in the fresh air, leaves you feeling invigorated, and can do wonders for cardiovascular health.
 - **Give water exercise a try.** Buoyed up by water, you feel light as a feather, and you can move in ways that are otherwise difficult or impossible yet still tone your muscles and improve your circulation, breathing, and endurance. You weigh 90 percent less in water than you do on land, easing the burden on weight-bearing joints like your hips, knees, and back.
- **Look for openings in your schedule you may have overlooked**—After the kids leave for school in the morning, before dinner, or during lunch hours you normally spend with friends or business colleagues.

And one more thing: Don't give up if you occasionally have to skip your workout because of a cold, bad weather, or emergencies. Perfect attendance isn't important.

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