



TWO HOURS A WEEK YOU NEVER KNEW YOU HAD

What kind of shape could you be in with a spare couple of hours each week? Prepare to find out!

Most of us are quick to complain that we simply don't have *time* to devote to our health and fitness. The truth is, busy people *can* find time to be active — they just need to know where to look.

When you think about it, most of your time is spent doing things that are important, that broaden and deepen our relationships with others, that bring us pleasure, and that are over with quickly so we can move on to other things. Guess what? Physical activity can be *all those things!* See for yourself...

Make Exercise a Priority

It's human nature to stick with routines and habits, even beyond their usefulness. FACT – making a commitment to a healthier lifestyle means identifying and dropping low priority activities to make room for a changed and goal-focused routine.

Your Challenge: Spend a week on the lookout for a regular event that no longer serves a purpose for you—and quit it!

Potential Time Gained: 30–90 minutes / week

Do Something That's Fun!

Making some substitutions is easier and won't feel like a sacrifice if you replace boring activities with fun ones. Open your mind to seeing physical activity as an opportunity rather than an obligation – a chance to try something new, do something active with other people, join something, or have an excuse to go off by yourself.

Your Challenge: Make a list of physical activities you think would be fun to try for the first time, or that you've done in the past and enjoyed. Keep it handy—you'll soon have time to fill!

"Piggy-bank" Your Spare Time

Research shows that people are more likely to be physically active when they aim for frequent, short bursts of activity rather than waiting for bigger blocks of time to become available. Yes—this still counts!!

Your Challenge: For a week, log your activities in a diary from waking till bed time. Are there gaps of even 10 minutes where you could slot in some movement? Why not pull up some weeds, walk to the next bus stop, window shop, mail some letters, or dust?

Potential Time Gained: 30–90 minutes / week

Dual Task for Double the Benefits

Choose physical activity with benefits beyond just your health— work-related reading can be done on an exercise bike, business relationships can be developed on the golf course rather than at the pub, quality family time can include a soccer ball, bikes, or hired canoes, & educational podcasts can make a long walk seem short. Save money by claiming back your house cleaning or lawn mowing, rather than paying someone else to stay in shape.

Your Challenge: Identify an hour or so that you spend with family, friends, or work colleagues each week, where you can include some physical activity. Reclaim some physical chores.

Potential Time Gained: 60–120 minutes / week

Total Potential Time Gained: 2–5 hours / week!!