

Tips for Fitting in Fitness

*It can be challenging to find time to reach your fitness goal.
Here are some tips you can try.*

1

Fitting in fitness while you're on the move

- Get off the bus or train one stop early. Walk the rest of the way.
- Park your car farther from your destination.
- Take the stairs instead of the elevator.
- Walk or ride your bike to get to your destination.



2

Fitting in fitness while watching TV

- Dance, or do side steps.
- Lift weights, or use resistance bands.
- March or jog in place.
- Pedal a stationary bike, or walk on a treadmill



3

Fitting in fitness while doing chores or running errands

- Ask family and friends to pitch in so you have more time to be active.
- Move briskly while you mow your lawn with a push mower
- Rake your lawn, weed your garden, or shovel snow
- Sweep or mop your floor, carry laundry, or vacuum
- Walk your dog
- Wash your car



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Fitting in fitness while socializing

- Go out dancing with your friend or partner.
- Join a walking club, golf league or soccer club
- Play soccer, or kickball with your kids or grandkids.
- Push your child or grandchild in a stroller.
- Take a fitness class.
- March in place, walk, climb stairs, or pedal a stationary bike while on the phone.
- Walk with a family member or friend.



5

Fitting in fitness at work (if you have a desk job)

- Ask your co-workers to hold stand-up meetings.
- Join a nearby gym. Stop off before or after work, or go during your lunch break.
- Sit on a fitness ball, instead of a chair.
- Take a brisk walk during your coffee or lunch break.
- Take part in a fitness program at work.
- Talk to coworkers in person, instead of emailing them.
- Use a copy machine on the other side of the building.
- Walk around or march in place while talking on the phone.

6

Fitting in fitness anytime

- Break your 150 minutes into 10-minute chunks
- Schedule it. Put it on your calendar, and make it as a priority.
- Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or have dinner 30 minutes earlier so you can walk after dinner
- Use a fitness app or tracker. These help you make the most of your time.



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