

Are You a FIT Leader?

Tips for Senior Executives to Schedule Time for Physical Activity

With the constant demands of work as a senior executive, it's tough to set aside time for fitness. A busy schedule is something that's often unavoidable, however, prioritize time for physical activities is essential to maintaining your health and good mental outlook. Try these tips for scheduling fitness time into your daily routines.

- 1) Dedicate space to "Health".** Your filing spaces are your friends. Create a "health" drawer. Pack a few ziplock bags of healthy non-perishable snacks in it (dried fruits or nuts) and a few bags of herbal, non-caffeinated tea. These healthy snack options are suitable for on-the-go schedules or as a mid-day snack.
- 2) Stay fit with family/friends.** After a long day of meetings, find time to relax and relieve stress by staying physically active with friends or family members. Physical activity can help you feel reenergized and refreshed for the next day. Take a walk with your family, join an exercise class with a friend, or bike around your community.
- 3) Make fitness a priority.** Maintaining good health is one of the essential qualities of life. Prioritize time for fitness at least three times a week can improve your overall health and reduce the risks of lifestyle diseases. You can set aside at least 30 minutes for physical activity after work and still have plenty of time to participate in other leisure activities afterwards.
- 4) Take a breather!** Breathing exercises are great for your health and can be easily incorporated throughout your busy work day. Sit in a comfortable, upright position. Inhale slowly and count up to four. Hold your breath and count to four again. Then breathe out counting up to four again. Repeat this procedure for few minutes and then increase the count. This will enable oxygen to reach the farthest part of your lungs.
- 5) Prepare for the next day.** Whether it's reviewing to give a briefing or packing a healthy lunch for the next day, you can save plenty of time with preparation. Feel more alert, and ready the next day through dedicating some time to fitness before or after work. Instead of taking a coffee break during work, try a stretch break.
- 6) Look for opportunities to Stand.** People burn more calories standing than sitting. Try standing while talking on the phone or eating lunch. Instead of emailing and making phone calls to those located in the same office, try walking to their desks to directly communicate with them.
- 7) Stay fit while traveling.** When planning you travel, select hotels that have fitness facilities or bring your equipment with you. Jump-ropes and resistance bands are easy to pack inside a suitcase! There are also several basic exercises you can do with no equipment at all. Staying physically active while on travel has the added benefits of making it easier for you to fall asleep and sleep better.
- 8) Achieve a healthier outlook and attitude.** Enjoy the warm weather through engaging in an outdoor activity. Go outside for a walk during your lunch break and socialize to clear your mind or try to arrange a group of family/friends to go hiking, golfing, or some sort of outdoor activity on the weekend.



For more information about Health and Fitness, please visit www.lifeclinic.com/focus/nutrition/articleView.asp?MessageID=1999 and www.helpguide.org. The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense of the linked web sites, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation (MWR) sites, the United States Department of Defense does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site. This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical or health care provider.