

The Busy Woman's 30-Minute Guide to Exercise

**How to Make Time for Exercise – When
You Just Don't Have Time**

calm. healthy.
sexy.



Calm • Healthy • Sexy
Healthy ideas for your life and marriage.

The Busy Woman's 30-Minute Guide to Exercise

A plan for busy women who want to get fit and feel great, but don't have a lot of time.

So whether you eat or drink or whatever you do,
do it all for the glory of God.

1 Corinthians 10:31

Gaye Groover Christmus
CalmHealthySexy.com
©2018, Christmus Time, LLC

This ebook does not provide medical or counseling advice. Although [moderate exercise is beneficial for most adults](#), always consider your health before you begin an exercise program. If you have any illness, health problem or concern, talk to your doctor before beginning to exercise. See our [full terms and conditions here](#)

So you may be thinking, “**What in the world is a 30-minute guide to exercise?**”

And you may be wondering, “If I read it, will I become fit and healthy within 30 minutes? Will it solve all of the problems that keep me from exercising and getting fit – in just half an hour?”

And the answer is – no, it won’t. If I could help you do either of those things in 30 minutes, I’d probably be rich. Or at least you and I would both be super fit and healthy!

But here’s what it will do. It will give you the information and tools you need to begin adding exercise and physical activity to your busy life – on most days of the week.

It will help you understand why you need to exercise, what’s standing in your way, how to get started, and why it’s worth the effort. It will show you how to create a simple one-week plan for starting to add regular exercise to your busy life.

And it will give you some resources that will make exercise just a little bit easier.

All in about 30 minutes.

So let’s get started. Because you’re worth the little bit of time and effort it will take, and your mind and body will thank you.



Table of Contents

Why Bother?.....	4
5 Keys to Making Time for Regular Exercise.....	7
Key 1: Know that you are worth it.	7
Key 2: Decide to make it happen.	8
Key 3: Take advantage of every exercise resource.	10
Key 4: Use “pockets of time” to your advantage.....	12
Key 5: Bundle physical activity into other activities.	13
Put the 5 Keys to Work for You	15
It’s Time to Make Your Plan!.....	17
The 10-Minute Plan	18
Exercise Tips and Resources.....	19
Resources for Exercising at Home	19
4 Simple Exercises to Do at Home.....	20
Weekly Exercise Planner	23
Encouragement & Printables	24

Why Bother?

As a busy woman, you probably struggle every day to accomplish all of the things you need to do. Each of the roles you play – wife, mom, employee, friend, homemaker, volunteer – comes with nearly endless tasks and items for your to-do list.

In fact, I'm fairly certain that you reach the end of most days *with items still on that list*, because you just didn't have enough time or energy to get them done.


Which means that **regular exercise, which is so important but so easy to put off**, is probably getting pushed off your schedule, into *the magical land of “when I have more time.”*

Even if you know all of the reasons why you *should* exercise, and even if you really want to add regular exercise to your life, you run into a big problem - **it's just flat-out hard for busy wives and moms to make time to exercise.**

But here's the thing I want you to remember – regular exercise is important – really important. **It can make an amazing difference in your health, peace of mind, and quality of life.**

It can help you feel calmer, sleep better, get stronger, and lose weight.

And it regulates things in your body that help you feel good, like blood sugar and brain chemicals.



Regular exercise can make an amazing difference in your health, peace of mind and quality of life.

In fact, **few things give you as much “return” on your investment as regular exercise** (although good sex comes close...).

Believe me, I know this. I’ve been a busy wife and mom who exercises regularly, and I’ve been a busy wife and mom who barely exercises at all.

And I can tell you that I’d much rather be the one who exercises regularly. She’s healthier, happier, and calmer – and her clothes fit better!

Friend, trust me, **you can be the busy wife and mom who exercises regularly.** This is doable. And you don't have to join a fancy gym or start a strenuous fitness program to experience all of the great benefits. Because just about every kind of regular, non-fancy exercise, including walking, biking, dancing, and working out with a video, can help you get in shape and feel great.

So let's talk about how to make it happen in your life.

Regular exercise helps you:

- ✓ ***Sleep better***
- ✓ ***Manage stress***
- ✓ ***Maintain a healthy weight***
- ✓ ***Look better***
- ✓ ***Get stronger***
- ✓ ***& much more!***



5 Keys to Making Time for Regular Exercise

You probably already know (even without me preaching at you!) that you need to make time for exercise. But – and it's a big 'but' – **you're struggling to juggle everything on your to-do list** and wondering how in the world you're going to find time.

I know it's hard, but *I believe you can do it*. And if you're ready



You are worth the time and effort it takes to get up and move your body regularly.

to get started, here are **5 steps that will help you make it happen:**

Key 1: Know that you are worth it.

Many women devote so much time to doing things for others that they run out of time to do things for themselves. Yes, you have to take care of your responsibilities – go to work, run your

business, take care of your kids, and make time for your marriage.

And yes, your children's sports and social activities and your family's church and community activities are important, but **they're not as important as your health**. And they're not as important as your peace of mind.

Do you believe that? Do you believe that your body and your physical and emotional health are as important as your children's sports practices and music lessons?

I really want you to believe it. I want you to believe it and embrace it and decide that you are worth it. ***You are worth the time and effort it takes to get up and move your body regularly,*** starting where you are and working up to about 30 minutes a day on most days of the week.

(The [Physical Activity Guidelines for Americans](#) recommend at least 150 minutes of physical activity each week, equivalent to about 30 minutes a day, 5 days a week, for healthy adults.)

Key 2: Decide to make it happen.

You know that you're worth the time and effort it takes. You know where you want to go. Now you need to commit to making it happen.

And to do that you need strategies, because regular exercise **won't happen with good intentions alone**. They're important, but they're not enough. When life gets hectic, good intentions fly out the car window as you race from one activity to another

– and you don't find them again until the next day - or maybe even the next week!

In order to *hold onto those good intentions and turn them into healthy actions*, **you have to anchor them** – and **the way to do that is to schedule exercise, then track it.**

Schedule it. Add regular exercise to your calendar, the same way you schedule dentist appointments and soccer practices. It's just as important, and **it won't happen unless you're very intentional about making it happen.**

So take some time every weekend to figure out when you can exercise in the upcoming week, and add it to your calendar.

And if you can't find time, **take a hard look at your schedule and your family's schedule and let go of something** that's lower priority than your health and peace of mind. ([This article](#) can help you do that.)

Track it. Once you're added exercise to your schedule, you need to track it – to make sure you're actually doing it! One easy way to track it is to use an exercise monitor. I use a FitBit, which lets me monitor steps, distance, heart rate, and calories burned. But I've also used a simple, inexpensive pedometer that just tracks steps.

The benefit of any kind of monitor is that it lets you know how active (or inactive) you've been, and reminds you to get up and move.



You can also track your exercise using an app on your phone, like MyFitnessPal, your calendar, or a paper exercise planner – whatever works best for you.

Key 3: Take advantage of every exercise resource you can access.

You don't have to join a fancy fitness center in order to exercise. But don't use your lack of a gym membership as an excuse to avoid it either. Instead, **identify and use every fitness resource you can find.**

For example, one church in my city opens its fitness center to everyone in the community; another invites everyone to use its indoor walking/jogging track. Many malls encourage people to come and walk – and some even open for walkers

before the stores open. And in most communities, schools, parks, and playgrounds provide free tracks and trails. So look around and see what's available.

At home, pull out all of your exercise gear and equipment, from bikes to shoes to weights to exercise bands, and decide which things you're likely to use. Then organize them where you can grab them easily when you have a few minutes. An easy way to do that is to put them in a basket or bin that keeps them all together. Do the same with exercise DVDs.

Or choose some workout videos from the thousands available free online. Bookmark them so they'll be easy to find when you're ready to exercise. In other words, **do everything you can to make regular exercise as easy and painless as possible.**

And don't forget your children's video game consoles. Several of them, including the Wii Fit and Xbox One, offer a wide range of sports and workouts. Check to see which games and workouts you have on hand, can borrow from friends, or can check out from the library.

(If you **really have difficulty fitting exercise into your schedule**, consider investing in a piece of exercise equipment – a treadmill or exercise bike – for your home. Yes, it's an investment, but it can yield big dividends. We paid about \$600 for our treadmill, and it's probably the best \$600 we ever spent. No matter what the weather or time of day, we can always fit in some exercise. My husband watches TV

while he walks on the treadmill, and I read a book on my Kindle while I walk.)

Key 4: Use “pockets of time” to your advantage.

My friend Christina, author of [Juggling Real Food and Real Life](#), talks about using “pockets of time” – 10 minutes here, 15 minutes there – to prep real food for healthy meals. I love that idea, and I also love applying it to exercising and being active.



Here's how to do it - **Identify times when you tend to sit and wait, and use those times to get up and move.** For example, if you work outside your home, use part of your lunch hour to walk. Get up and move around during television commercials. (Better yet, skip a 30-minute show and go for a walk!) If you arrive a few minutes early to an appointment, walk around instead of sitting in the waiting room.

One of the best times to use "pockets of time" is during children's sports practices. **Never sit on the bleachers during soccer, softball or football practice!**

When our boys played soccer, I always walked during their practices. Some days it gave me an opportunity to enjoy some alone time at the end of a busy day, and other days it

gave me a chance to walk and talk with other moms. During games, walk before the game and at halftime.

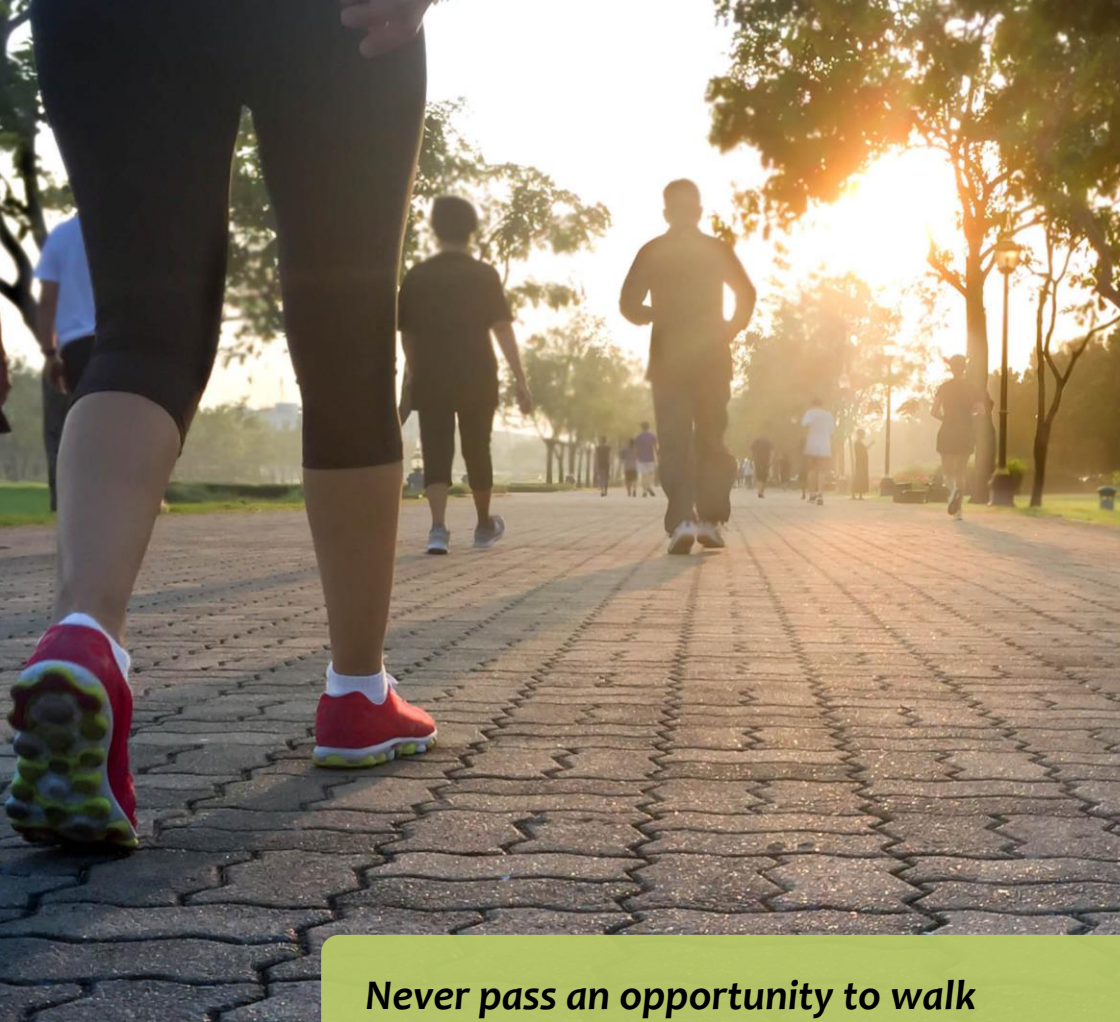
Do the same thing during your children's Scout meetings or music lessons, even if it means just walking around the block for 15 or 20 minutes. According to experts, even 10 minutes of activities like brisk walking provide health benefits, so **never pass up an opportunity to walk instead of sit for 10 or 15 minutes!**

Key 5: Bundle physical activity into other activities.

Get in the habit of adding physical activity to things you're already planning to do. For example, get coffee with a friend and walk and talk, rather than sitting and talking. When you need to talk with a colleague at work, get up and walk together, rather than sitting.

Walk around the mall before you shop. Take a family bike ride and then stop for ice cream, rather than just going out for ice cream. Or add physical activity to a date with your husband.

For example, my husband and I like to walk on a scenic trail in our city, then enjoy a casual dinner. **Get in the habit of viewing all of your activities through the “lens” of adding something that helps you get up and move.**



***Never pass an opportunity to walk
instead of sit for 10 or 15 minutes!***

Now, Put the 5 Keys to Work for You

OK, it's time to take action. Use the chart on the next page, a note on your phone, or just a piece of paper and go through the 5 keys. Figure out what they mean for you and how you can apply them to your life in order to free up time and energy for regular exercise.

For example, what does “Know that you're worth it” mean to you? If you're not exercising regularly, that may mean you've decided that you *aren't* worth it. Or, it may mean that you just haven't stopped to think about it. Stop for a minute and think it through.

Then take a few more minutes and work through the other 4 keys. This doesn't have to take long, and you can always come back later and give it some additional thought. **The goal right now is to clear the way for making a simple, practical exercise plan that fits your busy life.**

My 5 Keys to Making Time for Exercise

Key	What Does It Mean for Me?
Know that you're worth it.	
Decide to make it happen.	
Take advantage of every exercise resource you can access.	
Use "pockets of time" to your advantage.	
Bundle exercise/physical activity into other activities.	

It's Time to Make Your Plan!

What did you learn from going through the five keys? What's keeping you from exercising regularly? What's getting in the way? You know what you need to do – now it's time to start.

Really think it through and figure out what needs to change. Do you need to stop doing one or two activities that are taking up a lot of your time? Do you need to say “no” to something (or someone!)? Are you **spending time on things that aren't really worth your time and attention** and, if so, could you redirect some of that time into exercise?

Use the Weekly Exercise Planner to **plan your exercise for the upcoming week**. Or plan it using your calendar or phone, whatever works best for you.

Make your plan one week at a time, so it doesn't seem overwhelming. Just look ahead to the next week and decide when and where you can make time for exercise, then add it to your calendar. Then do it – one day at a time.

You can do this, and you're worth the time and effort it will take to get started and make it a regular part of your daily and weekly routine.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3 John 1:2

The 10-Minute Plan

If your schedule is so packed that you can't imagine how you're going to find 30 minutes to exercise, don't give up the idea.

Instead, start smaller, by **setting aside 10 minutes a day**, on at least 4 days this week, to get up and move your body. You can walk briskly, ride your bike, dance, work out with a video, lift weights – or anything else that gets you moving.

Just 10 minutes.

And if you can't find 10 minutes in your day to get up and move, friend, you need to take a serious look at your schedule. Because it's too jam packed with “stuff,” and it's not allowing you **the time you need to take care of your body, mind and spirit.**

I encourage you to try this for a week and see how you feel. If you feel good (and I think you will!), try it the next week for 15 minutes a day for 4 days. See how you feel.

Then keep adding a little bit more time, **until you've figured out a way to devote 30 minutes a day on most days of the week** to getting up and moving your body.

Exercise Tips and Resources

On the following pages you'll find [tips and resources](#) for making the transition to regular exercise just a little bit easier. This section includes resources you can use to exercise at home, simple exercises you can do anywhere, a Weekly Exercise Planner, and some printables you can use to remind yourself that regular exercise is important and that you are worth it.

[Resources for Exercising at Home](#)

You can find thousands of free fitness and workout videos online, everything from strength training for beginners to dance fitness to weight loss workouts. Here are a few to get you started:



[Fitness Band Workouts](#) –

Fitness bands are cheap, and they're great for working out at home, on a trip, in a hotel room, or in any small space. Here's a [15-minute workout](#) and a [7-minute workout for beginners](#).

[5-Minute Workout](#) – Women's Health offers this quick workout for those days when you have no time for exercise – or when you flat-out just don't feel like exercising.

[The “Can’t Get to the Gym” Workout](#) – Also from Women’s Health, this workout is easy to do at home, while traveling, or anytime you need a no-equipment workout.

[Yoga with Adriene](#) – Adriene offers free video classes for everyone from beginners to advanced students. I love her relaxed, encouraging style of teaching. I’m a complete beginner

when it comes to yoga, and her videos are just right for me. But I know that she has many advanced yoga workouts too.

[5 Free Exercise Videos from Amazon Prime](#) – If you have an Amazon Prime account, here are 5 at-home workouts – ranging from a yoga weight loss workout to a Zumba fitness concert (which for me would just turn into me dancing around the living room, but hey, that’s a workout!)

[4 Simple Exercises to Do at Home](#)

Sometimes, your schedule gets so crazy that you can’t even make time for a 15-minute exercise-at-home video. When that’s the case, try these simple exercises whenever you have a few minutes.

[Posture check and maintenance](#) - Good posture makes you look and feel better and promotes good health. Many women, though (including me) tend toward poor posture - a little slumpy, a little slouchy. So try [the 'wall test' - a quick posture check](#). Now the real trick - step away from the wall and maintain that body position.

Don't just focus on your back and shoulders though, but also **tighten and engage your core muscles**, which are critical to good posture. It may feel very awkward at first - it did for me! Spend a few minutes several times each day aligning and then maintaining your posture.

Kegel exercises -The pelvic floor muscle, which supports the organs of the urinary and reproductive systems, can stretch and weaken during pregnancy and childbirth. This can lead to incontinence, bladder or uterine prolapse, and possibly reduced sexual response.

Kegel exercises, which involve a simple squeezing/holding action that contracts and strengthens this muscle, can help prevent these problems. Get into the habit of doing Kegels several times a day. You can do them anywhere - while standing, sitting or lying down - quickly, easily and discreetly. Here's a [simple Kegel workout](#) from the Mayo Clinic.

Push-ups - Want to tone your arms, chest and core but don't have much time? Then drop and give me 10 (or 20)! Push-ups pay tremendous dividends for a small investment of time and energy. Get into the habit of taking a few minutes, 3 or 4 days a week, to do push-ups. If you're doing them for the first time, start with [modified push-ups](#). As you get stronger, you can add some traditional push-ups. Or just do more modified push-ups, which is what I do. (I'm up to 30!)

Squats - What push-ups do for your upper body, squats do for your lower body – provide a lot of muscle toning for a modest amount of effort. In addition, it's easy to squeeze squats into a busy schedule several times a week. Check out [this quick video and step-by-step guide](#) to make sure you're using proper form.



And, of course, **don't forget about walking**. It's a great exercise and you can do it just about anywhere, even if you only have a few minutes. So get in the habit of walking at home and work, while shopping and while waiting at your children's activities. Anytime you have a few minutes and a safe place to walk, get up and go!

I'm pretty good about walking every day, but I need to get stronger. So I'm working to incorporate all four of these exercises into my schedule each week.

Weekly Exercise Planner

Week of: _____

Day	What I plan to do	When I'll do it
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Encouragement & Printables

An hourglass with pink sand is the central focus, with a blurred clock in the background. The hourglass is made of clear glass and sits on a grey base. The clock is gold-colored with a white face and black numbers. A red banner is overlaid on the left side of the image.

5 Keys to Making Time for Exercise

1. Decide that you're worth it.
2. Schedule it and track it.
3. Take advantage of every exercise resource you can access.
4. Use “pockets of time” to your advantage.
5. Bundle physical activity into other activities.

Not moving feels good in the short run.

Moving feels good in the long run.

Life is the long run.

Get up and move.



Whatever it takes, you are worth it.

Eat food that nourishes your body.

Get up and move every day.

***Treat your mind and body with
love and respect.***

***Not next month.
Not tomorrow.
Today.***



Leave blank for graphic



Three Life Rules

- 1. If you don't go after what you want, you'll never have it.***
- 2. If you don't ask, the answer will always be no.***
- 3. If you don't step forward, you will always be in the same place.***

-Unknown