

Finding the Time to Exercise

As a mom, it is important that I have a strong body and mind. If I try to go with one or the other, I will not be productive with my work due to lack of exercise and not taking some breaks to refresh my mind. But getting some exercise is very important in order to shorten my mortality rate and a way to "blow off some steam." Here are some suggestions on how I did it.

If you have some kids that live close to a school, take the opportunity to go on a walk with them. Not only will you spend some time with them but a way to get exercises too. After dropping them off, go do some more walking or get started by jogging or running. But when starting off, do some walking in order to get used to doing some exercise if you haven't work out for a long time or so.

If you have some babies as young as four months old, you are in luck. While you are on your exercise ball or an exercise mat, you can use the baby as exercise equipment while working out. It's been done for years. However, do not exercise with them when their neck is not strong enough to hold up on its own which is why I recommend waiting until they are at least four months old. You are using your time wisely by spending time with the baby while getting some exercise.

Some people do not like to exercise which is where you can combine working out at home by doing household chores. Instead of paying someone else to do the household chores, think of doing it yourself. All of the hard work will pay off when your place is spotless such as cleaning windows or vacuum the carpet. You will save more money in the process too.

Whether you are a parent or not, anyone can squeeze in some time to exercise. It just takes some creativity and time management in order to work.