

Everything to Lose

Fit Exercise into a Busy Schedule



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INTRODUCTION

This Book in your hands right now (or on your screen) is your KEY to fitting exercise into your life. And rest assured, this Book already assumes that you're a busy person with a life to lead; and that's why the tips in here are **specifically designed to fit in with your busy lifestyle.**

To keep things organized and simple, this Book is broken down into five easy sections:

Chapter 1: Assessing Physical Damage and Accepting the Importance of Exercise

Chapter 2: No Matter How Busy You Are, There Are Ways you can Exercise

Chapter 3: The Office Does Wonders

Chapter 5: Get fit on the Go

Chapter 6: Busy Traveler? You can Fit Exercise into your Trips

Chapter 7: Exercise Aids to Go

Chapter 8: Information / Resources for the Hurried and Harried

Read them in order, or if you wish, focus on the Chapter that is most relevant to you right now. Regardless of how you choose to read this eBook, you can be confident of one thing: once you apply the advice within these pages, your busy life will include something new and important: exercise.

CHAPTER 1: ASSESSING PHYSICAL DAMAGE AND ACCEPTING THE IMPORTANCE OF EXERCISE

Do you think of your body the way you think of your car? When a few lucky individuals acquire a sports car that boasts the best engineering available today, you can be sure they read the maintenance manuals religiously. They take their car for inspection even if it purrs like a kitten and take it for repairs as soon as something does not feel right. And they're very concerned.

That car is their most prized possession, a symbol of all the long and hard hours they put on the job so they could finally acquire it. It cost an arm and a leg, so taking care of it is logically, their # 1 priority.

But how important is the *person* that drives that car? Shouldn't that person – shouldn't **you** – be the #1 priority?

Lifespan and Physical Appearance

The average life span of men and women is 80 years, give or take a few years. The painful truth is, a significant number of men and women look and feel 80 before they even make it to the first half of their lives. You can spot the tell-tale signs from their physical appearance:

- sagging dry skin
- unsightly posture
- uneven and unsteady walk (they need to drag around those heavy pounds)
- aching joints
- sporting the "I'm not happy because I look terrible" look

Now, if their appearance is *this* bad, imagine what the inside machinery is like. Most likely, it's even worse:

- clogged vessels
- inefficient heart
- *mounds* of sugar and fat parked in or around vital organs
- Conditions such as diabetes, nervous tension, high blood pressure and cardiovascular disease that are **silently brewing**.

If fitness authorities had it their way, they'd create legislation to make exercise mandatory as soon as a baby leaves the cradle, not during the teenage years when obesity is likely to strike.

But fitness shouldn't be associated with any age limit. You can start at 10 or at 30 – even at 50 and 60 – the idea being that fitness should not be seen as the cure for a condition that's already come about. As the saying goes, don't wait for illness to strike.

Assessing How Fit You Are

Brad King and Dr. Michael Schmidt in "*Bio Age, Ten Steps to a Younger You*" (Macmillan, Canada, 2001) devised a questionnaire for assessing physical damage to a body as a result of no exercise. We will borrow some of their guidelines, which we will summarize here:

Start with the question, "**How do I**