

## Quick Tips for Getting in Shape on Your Lunch Hour

You are up early in the morning, and home late in the evening. When you get home the chores and responsibilities are as abundant, if not more so, than at work. You are forever wondering how do I stay in shape with such limited time? Perhaps you are not taking full advantage of a golden opportunity you have at your disposal every day...The lunch hour. Read on and discover some very valuable tips to take full advantage of this time to help reach your fitness goals.

### Without a Gym

If you do not have gym at your disposal you can still take advantage of the time by quickly dressing into workout clothes and heading outdoors.

Walking: The most simple and basic of them all. A good brisk walk for 20-30 minutes of your lunch hour can burn up to 100 - 300 calories depending on your intensity level. If you can include hills this will also increase your overall calorie burn.

Basic Resistance: How about a couple of quick sets of forward lunges or squats to help define your lower body. This takes very little room and can be done anywhere. Don't forget also that a couple of sets of pushups will go a long way in toning your upper body as well. Use can also use portable and light equipment during this time such as resistance bands or body bars. Use local parks if they are close to where you work.

### With a Gym

Cardiovascular: Any machine will do. Keep in mind when your time is limited you want to increase your intensity to burn a reasonable amount of calories. For example: if you are used to walking on a treadmill for 30 minutes and at the end of that time you have burned 200 calories, by increasing the intensity you may burn 300-400 calories for the same amount of time. Remember. short duration = higher intensity.

Weight training: The same principle applies here. A higher intensity or more weight will help build more muscle. For instance if you are used to doing bicep curls with 10 lbs for a series of 20 reps, then you may want to try 12 or 15 lbs where you may only be able to do 10-15 reps. This would allow you to get great benefit with only doing one or two sets of your exercise therefore cutting down on your time.

If you use your time wisely and efficiently, a good 30 minutes of exercise can go a long way and still leave you time to get changed and have a good lunch. A recent study by the American College of Sports Medicine determined that you no longer have to weight train 3 times a week to maintain your muscle tone. Once a week with a good concentrated workout is enough to maintain your muscle mass. There is also no better time to have a well-balanced lunch than after a good workout. After all you should be eating within 90 minutes after working out to help replace lost nutrients during your exercise.