



## It is time to jump back into a daily workout routine

By: MICHELLE ROTELL - For the North County Times

Now that the kids are going back to school, you need to get back into your daily exercise routine. It is so hard to get motivated to work out between 9 a.m. and 3 p.m. and also manage to run errands or go to work.

Here are a few ways to get yourself to the gym and start feeling good while your kids are back in school:

- Prepare the kids' lunches the night before to save time. This way you won't snack on their goodies in the morning.
- Make your meals for the next day so you can stay on track and not snack on whatever is in front of you or whatever is convenient at the time. Consider this. Most people gain weight not from eating too much of their own food but from eating the rest of their kids' food. Eating a few Goldfish and Oreos adds up in a year, and after a few years it starts to show.
- Bring food with you in a small cooler in case you can't make it back home before you need to pick the kids from school.
- Get the kids' clothes set out the night before so they can get up and won't have to look around for those special socks.
- Get your clothes out the night before and make them your workout clothes. If you start with other intentions, you will never get there. Most workout clothes are fashionable enough to wear throughout the day.
- Plan your day around the gym. Don't run any special errands prior to going to the gym or you might not find time to go.
- Use exercise as a way to relieve stress.
- Figure out what you want to do at the gym before you get there.
- Take an aerobic or cycling class so that you have to be at the gym at a specific time.
- Have a friend meet you at the gym. This way you will have company and you can motivate each other on the days it is hard to get there.
- Commit to a trainer so you are encouraged to arrive at a specific time. This way someone will make you accountable if you fail to show up.
- Keep a journal to log your daily activities. Then you may be more inclined to make the right choices. A journal will also help you figure out why you are missing your workouts and it will let you know the times you are feeling tired or hungry.
- Tell your family where you are going so they can help make you accountable.
- Tell your family your goals so they help you stay motivated.

- Make health and fitness a family thing. Schedule activities after school that you and your family can participate in.
- Plan family activities that everyone enjoys on the weekends .
- When you aren't motivated to work out, think of your family and show them what a great role model you are. Teach them that health is important. They will want to be supportive and work out, too.

Children are more obese than 10 years ago. The reason is a lack of exercise in schools and during after-school activities.

Another reason for a rise in obesity among Americans is that we spend more time sitting by computers than participating in physical activities.

You are responsible for your children. Stay fit and stay motivated. You can do it.

### **Personal Challenge**

Go straight to the gym after you drop your kids off at school or before you go to work. Make a vow that you will work out at least three to four times a week from now until the holiday season.

### **Fit Tip**

After taking a four- to five-month hiatus from exercise, it takes eight to 12 weeks to fully regain your cardiovascular fitness level.