Addressing the Question about Exercises and Time by Javed Khan

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There has always been this age old excuse that exercises take our time away from things and that is why many can't just find the time to stick to an exercise regiment. Indeed life is filled with so much activity that it is as if there is really no time to pause and make out time for exercise. But you would find the same people making out time when a health threatening issue has just occurred and the only way out for them would be to exercise. Meanwhile if they had initially made out time to exercise they may have avoided the health issue.

Making out time for exercise makes time for you to have a better lifestyle. We want to look at what business coaches use to create time and see how we can mirror what they do in making out time for a lifestyle that includes exercises.

Start by making a list of the things you do through out the day. This alone has a therapeutic effect on you because you get to see in black and white what you really do each day that makes your life so 'busy'.

You can make talking with your co-worker during lunch break productive exercise if you decide to still hold that conversation but out on a walk during lunch break.

You can actually exercise using those little times that seems to be no time and get things done. For as little as ten minutes you can set up a routine that would act as the seed to changing your whole lifestyle to something healthier.

This is what business coaches preach basically as they tell you to break up a big task into smaller bits that now makes them both easy on the eyes and on the mind to tackle and overcome. This means that if it is smaller, then ere is every likelihood that is more manageable on your part so that ten minutes lunch break exercise could just be what you need to get you started.

Apply this same principle with your diet program. Do not focus on the challenge you have become because of your size and weight or it just might discourage you from getting started. Rather break down what you have to do by setting very small and achievable targets with a specific timeline. This could be something like setting a target to loose a one digit number of weight (1-5) for that month.

And once you reduce it to one single thing you have to be doing regularly to meet that objective, the combination of simple target and a simple means of getting there could do the trick of getting you there even to your surprise.

Once that is done it would encourage you to focus on the next. Do not make the mistake of raising the bar too quickly. If you say you want to loose 3kg a month every month stick with it even when you achieved it 'easily'. So stick to the same routine and if you end up loosing 4kg by the second month it is an added bonus to you. It is those little achievement that might make you end up loosing 18 to 25 kg in 6 months without really doing 'much' as such but taking the hill little by little.

If itâ€™s about the thing you eat, list the things you usually take in every day against the things you should take because of your diet. Get down what you ate with their quantity, you don't just know how this helps you when you put on down on paper and see it.

You will discover that you won't want 'the other side' to win as you go about trying to make sure that what you should eat wins the day at the end of the day. Apply the same rule with exercising and

write down the amount of time you spend on each routine with the date. Once the log starts building and you can go over them, you get to see the sense of growth or dip and you are subconsciously taking stock and mentally readjusting.

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