

- Lifestyles

Keeping active in a busy life

Prioritise your health and wellbeing to support your lifestyle

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Everyone thinks about how much they need to exercise, how they would look if they were to actually begin exercising, and how much they really want to have the body of Miranda Kerr or John Cena.



However, many people still seem to remain tucked up under a blanket watching Netflix.

Let's be real — not everyone loves exercise.

However, staying fit and well is vital. Here are some tips to keep healthy with a busy lifestyle.

Don't underestimate the power of intensity

Slugging through hours of gym isn't necessary.

Have a look into exercise activities that are intense but effective such as a quick tenminute cardio workout such as CrossFit or circuit workout.

Get an exercise buddy and make it a priority

If it has been a very long and tiring day, it can be easy to put off that workout for another day.

However, if someone else is in a similar situation, there is an opportunity to motivate each other.

This could be as easy as going for a 30minute walk together with your children in prams.

When leading a busy and stressful life, exercise is fantastic for your mental health and spending time with your loved ones while exercising is a perfect combination.

Embrace the opportunity to meal prep

When everyone is going a million miles an hour all day every day, it can be easy to get a greasy take-out meal.

Allocate an hour to cook every single week, where you make one massive meal and put it into set portions in takeaway containers, and freeze.