

Exercise in Everyday Activities

As the beginning of the school year draws closer, we may begin to find ourselves in a bit of a time crunch...with busier schedules at work and at home. If the added activities seem to hinder your gym time, check out this article from RealAge.com, that gives excellent examples of how you can pick up the pace of everyday tasks, and make the most out of your time by converting mundane chores into fat-burning exercise! Everything from dishes to yard work are included, so check it out, get creative, and have fun with your double-duty exercises!

<http://www.realage.com/WorkOutCenter/Articles.aspx?aid=10043>