



Wellness On The Run: Fitness Strategies For Busy Parents

- Find what you love – Whether it's running, yoga, strength training, spinning, or something else entirely, figure out what you love and what motivates you to keep going. Fitness should not feel like a punishment.
- Set yourself up for success – Set out your workout clothes the night before, pay for classes in advance, enlist a workout buddy for an early morning “wake up call”.
- Invest in at-home workout equipment – I suggest resistance bands, mini band loops, and kettlebells for every level. Other suggestions: pull up bar, dumbbells, medicine balls, physio balls.
- High intensity, short duration workout techniques –
 - **Circuits** – String together 5-8 exercises and perform back to back, repeating entire circuit 3-5 times.
 - **AMRAP**- As Many Rounds As Possible. String together 3-5 exercises and complete as many rounds as possible in a given time frame (usually 10-20 min)
 - **EMOM** – Every Minute On The Minute. Combine 2-3 high intensity exercises, and perform them back to back, starting every minute. The grouping of exercises should not take more than 30s to complete, to allow for recovery time between rounds.
 - **HIIT** – High Intensity Interval Training. Utilize intervals during cardio training (running, cycling, etc.), where exertion is at a level of 7-9 out of 10. These should be short intervals (10-30s) with recovery time in between.

