

Not Enough Time?

Time for physical activity and healthy eating needs to be a priority when you want to manage your weight. Here are some tips:



- Write down everything you need or want to do each day. Decide which are absolute “have to do” things and schedule them (this should include physical activity and healthy eating).
- Fill in any leftover time with those things that you may want to do but aren’t as important as the others.
- Always allow extra time! Things usually take longer than expected. Allow time for grocery shopping, meal preparation, and warm-up and cool-down when exercising.
- Focus when doing tasks. Avoid letting little interruptions get in the way.
- If you are overcommitted, begin saying “**NO!**” Delegate some of your responsibilities to others whenever possible. You don’t have to do absolutely everything yourself!

