



Exercise Strategies for Busy Moms 🍀 💪



Find your fit in 20-minutes or less

Between school runs, work meetings, errands, and family time, it can feel almost impossible for busy moms to squeeze in a workout. But staying active doesn't have to mean spending hours at the gym. It's all about working smarter, not harder.

Quick Strategies to Stay Active

- 1. Embrace Short Workouts:** High-intensity interval training (HIIT) and circuit workouts can deliver major benefits in just 15–20 minutes.
- 2. Make It a Family Affair:** Get kids involved with a quick dance party, a walk around the block, or a game of tag. It counts!
- 3. Schedule It Like an Appointment:** Even 10 minutes matters. Set a daily reminder to move — consistency beats perfection.

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4. Stack Habits: Pair exercise with something you're already doing. For example, do squats while waiting for coffee to brew or stretch during screen time.

5. Focus on Functional Movements: Strengthening muscles you use every day (like squatting, lifting, and reaching) pays off in energy and injury prevention.

Sample 15-Minute Workout

Warm-Up (2 minutes):

- March in place or brisk walk
- Arm circles and light stretches

Circuit (Repeat 2–3 times):

- 15 bodyweight squats
- 10 push-ups (knees or toes)
- 15 lunges (each leg)
- 20-second plank hold
- 20 jumping jacks

Cool-Down (2 minutes):

- Gentle stretching (hamstrings, shoulders, back)

Exercise is a form of self-care. While it can be difficult to include it in a busy schedule, we encourage you to find a form of movement that you enjoy. It's the effort that counts, and you don't need to spend hours in a gym to be fit. Wellness comes from taking simple actions.