

Mayo Clinic Minute

Working in workouts

Video	Audio
	For many people, no matter how great the idea of working out on a regular basis sounds, a hectic life always seems to get in the way.
00:01:33 DANIELLE JOHNSON HEALTHY LIVING PROGRAM Mayo Clinic	“The one thing I always like to really tell my busy executives, busy moms, busy dads, every little bit counts.”
	Danielle Johnson is a wellness physical therapist with the Healthy Living Program at Mayo Clinic.
	She says the key is changing the way we think of a workout and finding ways to work exercises in to our normal day.
00:02:04	“You don’t necessarily have to always get to the gym. Taking a walk with a friend for a meeting can be a wonderful thing.”
	Or try parking farther away from where you’re going, rather than in the closest spot to get a few extra steps in.
00:01:33	“If you’re in the office and you have 10 minutes before your next meeting, you can do some air squats. You can do some lunges. You can do some chair pushups, where you’re working your triceps and your back. You know, you can walk up the stairs.”
	The main thing, she says, is not to make workouts an all or nothing thing if you don’t have an hour to go to the gym.
	For the Mayo Clinic News Network, I’m Ian Roth.