

HAPPY HOUR

HOW TO FIND TIME FOR THE THINGS YOU NEED MOST *by Christina Orlovsky*



ways to sneak in an early-morning workout: Take the dog for a long walk or jog before breakfast. Sign up for a sunrise yoga class, and meet an equally ambitious pal there so you're less likely to bail. If morning's no good, institute after-dinner strolls with your hubby. Be creative—do squats while you're waiting for dinner, try tricep dips off the edge of the couch while watching the news, squeeze your glutes together while riding to and from work and park your car at the top of the driveway rather than in the garage. "All movement counts," he says. "It's like loose change: It adds up and contributes to health and wellness."

LOST: TIME TO EAT HEALTHY

FOUND: Mickey D's may seem like a quick-and-easy on-the-go option, but healthy alternatives can be even faster. "Eating right is all about planning," says Lisa Young, Ph.D., R.D., author of *The Portion Teller*. Getting "fast" food takes about 10 minutes out of your day. Use that time one day to make a grocery list instead—write down a selection of whole grains, fresh fruit, veggies and natural snacks. Make a 30-minute grocery store date once a week and take your healthy list with you. Buy enough to last through the week, and check off items as you shop so you're less likely to wander aimlessly, picking up junk-food treats (and wasting time). When you get home, make like Rachael Ray on her Food Network show *30 Minute Meals* and wash, chop and divide your veggies into portion-size packages right away. They'll be ready to pack for snacks and easy to grab when you get home from work, starving. "If you plan ahead, all it takes is five minutes to pack fresh fruit, a box of raisins, a sandwich and a bag of soy crisps or baby carrots," says Dr. Young, and that's a lot less time than you'd spend in a hectic lunchtime line or waiting for a pizza.

Whoever decided that each day should consist of a mere 24 hours clearly didn't have a family, a job and a social life. Wouldn't it be nice to have 33 hours instead? Just imagine what you could accomplish, and how happy you'd be, if only you had the time. We asked busy experts for their best time-finding advice. And while they couldn't magically create nine extra hours, they can tell you how to squeeze in up to 60 minutes every day for that one thing you always talk about doing but, with your packed schedule, never get around to. It's like your very own happy hour—no cocktails necessary.

LOST: TIME TO EXERCISE

FOUND: "Your 60 minutes of daily activity doesn't have to be an hour-long workout," says Cedric X. Bryant, Ph.D., chief exercise physiologist for the American Council on Exercise. "It might be easier for you to find three 20-minute periods throughout the

day rather than searching for one block of time." Short-interval workouts can be just as effective and physically rewarding, he adds. And if you're always rushed during the day, schedule workouts in the morning. "It's the best way to get regular exercise—before daily emergencies and priorities take over," says Dr. Bryant. A few

LOST: TIME TO HANG WITH YOUR HONEY

FOUND: Think of your relationship as you would a car—it needs fuel to keep running, says Ruth Klein, author of *Time Management Secrets for Working Women*. “Give it more than a once-weekly emotional, physical and intellectual fix,” she advises. Every relationship needs a *daily* happy hour. A handy guide, according to Ruth, is to allot the same amount of time every day to connecting with your guy as you do to meals. This could mean eating dinner together every night, but it could also be non-food-related. Meet at the gym for your daily workout. Better yet, head to bed an hour earlier than usual for some at-home exercise. Or run errands together. Actress Diane Lane has said that she and hubby Josh Brolin drive the kids to school together every day. Can’t fit in a daily honey hour? Plan one day each month to do something out of the norm, says April Masini, a relationship expert and author of *AskApril.com*, an online dating magazine. Take salsa lessons or go to a drive-in movie. “Keeping it fresh is a fun, time-friendly way to rekindle what you had when you first met.”



“Taking time to read, relax or finish a project not only helps our minds and bodies, but it also helps everyone we’re close to.”

Ruth Klein, author of *Time Management Secrets for Working Women*

Champagne “Picture Party” with memoir-minded friends. It’s a great way to bond with the girls and get rid of any double pictures cluttering your album! If chatting with friends relaxes you most, use your commute—and a hands-free headset—to call old college pals.

LOST: TIME TO CATCH SOME ZZZ’S

FOUND: Remember when you were a kid and the end of *The Muppet Show* signaled it was time for bed? Revisit that practice by setting a bedtime and sticking to it. “So many people say, ‘I have so much to do, I can’t go to bed before midnight,’” says Jodi Mindell, Ph.D., a director of the National Sleep Foundation. “Save an hour by making that deadline 11 P.M. instead, realizing that the more sleep you get

tonight, the more effective you’ll be tomorrow.” In order to get the most satisfying shut-eye, eliminate any interruptions, she adds. “If it’s your baby’s crying or your husband’s snoring waking you up, tackle those issues first.” Put the baby monitor on your husband’s side of the bed and let the two noisemakers keep each other company! If anxiety’s keeping you awake, write your worries away. Keep a notebook on the nightstand and write down the things you need to do so you don’t worry about forgetting them. One easy solution: Skip the snooze button. “So many people set their alarm clock too early and then hit snooze for an hour,” Dr. Mindell says. “It ruins the last hour of sleep.” That’s what we call an unhappy hour! Instead, set your alarm for the latest possible time you can get up.

PSST! WOMEN OFTEN CITE “NOT ENOUGH TIME” AS A MAIN REASON FOR NOT HAVING SEX.

LOST: TIME TO JUST RELAX

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CRUNCHED FOR TIME?

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Jessica Simpson

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