

## HEALTHY LIVING

## No time to exercise?

Stretch, do other moves as you go about your day

BY ELSA K. SIMCIK

Cox News Service

Between work and family, and sitting in traffic going between work and family, it's hard to find an extra 30 minutes to hit the treadmill. Sure, experts say you don't have to do all your exercise at once. You can squeeze it into your day in three 10-minute sessions. But still, what can you really accomplish in 10 minutes?

Plenty, according to health and fitness experts. They say it's possible to exercise in the places you spend the most time — at your desk, while waiting for just about anything and yes, even while you sit in that pesky traffic.

## Short sessions can work

"The biggest problem people have is that they sit at their computer all day and they don't take a break," said Christine Neely, a health and fitness specialist who conducts health screenings for Kimberly-Clark in Roswell, Ga. She encourages employees to take breaks to stretch their wrists, neck and chest.

She also tells desk workers to do shoulder rolls and cat stretches for the back. "It usually only takes two to five minutes to take a quick stretch," she said.

For cardio, Neely said even a short walk during lunch is beneficial. Need to get a little more intense with your brief workout? "I've even had people bring in a jump rope and their tennis shoes. You wouldn't believe what you could accomplish by jumping rope in a short amount of time," said Neely.

Sandy Hutto, a marketing analyst at Kimberly-Clark, is an avid exerciser but also sneaks in exercise throughout her workday. "I try to get up at least once every hour — but never go longer than two hours — to walk around. I actually stretch at least twice a day for 10 minutes," she said. She also chooses the stairs over the elevator.

## Get toned sitting in traffic

While driving and exercising don't exactly mix, you could still do a few simple things while sitting in gridlock. Neely suggests small, stretchlike wrist rotations.

And squeezing your glutes shouldn't distract you from the road. "Try to contract one side of your glutes," said David Pasion, a physical therapist and manager of the Emory Physical Therapy Spine Clinic in Atlanta. "Basically, can you squeeze one buttock? More importantly, can you squeeze one buttock and avoid contracting your thigh? Give it a try; you might be surprised." And while you can't do crunches in the car, you can still work your abdominals. "Lightly draw your lower abdomen and hold," said Pasion, adding that you should still be able to breathe.

Beverly Wittler of McDonough, Ga., gets pretty creative in the car: "I do the twist when stuck in traffic," she said via e-mail.

## Don't waste wait time

Waiting in line? Waiting for your food to warm up in the microwave? Just brushing your teeth? Pasion said to try balancing on one foot. "See how long you can do this. Fifteen to 30 seconds would be ideal," he said. Pasion's ideas about squeezing the glutes and contracting the abs are also inconspicuous ways to work out while waiting in line.

You can even make the most of a minimal wait. Geoff Bates of Roswell, Ga., said he gets in about 50 push-ups just waiting for his water to warm up in the shower.

Carol Maybank, a mammographer in Atlanta, manages to squeeze in exercise in a matter of seconds. "While in the dark room processing my mammogram films, I have a few seconds in between films," she wrote. "About a year ago, I decided that I was wasting valuable time so I decided to



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Larry Hackney gets in a walk on the trail at the Kimberly-Clark campus in Roswell, Ga.

buy 3-pound weights and work out whenever I was standing around waiting for the bell to ring to put in the next film."

She does a series of waist bends, leg

lifts and stretches, all while holding the weights. "If I don't get a chance to exercise in the evening, I don't feel bad because I have gotten something in each day." ■

## All it takes is a few minutes

Kelly Pettit, owner of Body Fit Atlanta, a personal training and boot camp company in Dunwoody, Ga., encourages her clients to get in exercise whenever they can. "The more creative, the better," she said. She shares her favorite tips:

- Take five-minute stair breaks at the office. Do five minutes in the morning, five in the afternoon and another five late in the day. "It is a great way to work on cardio endurance and toning our legs and rear," Pettit said.
- For upper body, Pettit tells her clients

to do 20 incline push-ups at their desks. Put your hands on the desk and keep your legs straight, she said.

- Do lunges and calf raises while on a conference call.

- During TV commercials, do ab work and push-ups. "Keeps you away from snacking," Pettit said.

- Lynn Abney, a client of Pettit's, says: "I try to squeeze my stomach in and out when I'm thinking about it, and when I'm walking, I pretend I'm holding a penny in my glutes." ■

## Eating late doesn't have to make you pack on pounds

BY CAROLYN O'NEIL

Cox News Service

Is there something about the moon and stars that cause waistlines to expand?

You've probably heard people say that eating late at night is the worst thing you can do if you want to stay slim and trim because calories consumed close to bedtime are quickly converted into body fat.

Well, that's not necessarily the case, according to registered dietitian Jo-Ann Heslin, co-author of "The Calorie Counter" (Pocket Books, \$7.99 paperback). "You can eat all the calories you need for an entire day between midnight and 6 a.m., if you wish. As long as you don't eat anymore during the rest of the day, you won't gain weight," she said.

According to nutrition researchers, it's how much food you put your hands on, not the position of the hands on the clock that affects body weight.

A study of middle-aged men and

women in Pennsylvania and Copenhagen, Denmark, reported in the International Journal of Obesity, found that night eating was not associated with weight gain, except in already obese women who had eaten their allotment of calories earlier in the day.

Heslin said, "The warning against late-night eating does have value if the calories eaten watching TV or coping with stress are on top of the calories you've already eaten during the day."

Marsha Hudnall, dietitian and director of Green Mountain at Fox Run, a healthy living retreat for women in Vermont, says most of her clients struggle with overeating at night because they don't eat enough during the day.



In Argentina, dinner is eaten late in the evening, but lunch is often the largest meal of the day. Above, a crab cake beignet salad.

"They get into the starve-all-day, then binge-at-night cycle. If you're listening to cues, then you eat when hungry and stop when satisfied so you're less likely to overeat regardless of the time of day," she said.

## What Argentines do

The fact that night eating doesn't have to mean overeating is comforting nutrition news for folks who work late and can't eat dinner until way after 8 p.m.

Or maybe you just like living la vida loca as in Latin cultures where the evening meal is often served closer to 10 p.m.

On a recent trip to Argentina to attend the Masters of Food & Wine at the Park Hyatt-Buenos Aires, I was struck by the fact our dinners were scheduled for

9 p.m. or later, but locals were fit and fabulous. Was it the tango?

Sure, after-dinner dancing burns more calories than heading off to bed. But I think it was more about the rhythm of the day and total intake of food.

It starts with a light breakfast, lots of walking during the day, a late lunch (often the largest meal of the day), maybe a late-afternoon short siesta (research shows that getting enough sleep helps your metabolism burn more efficiently) and then dinner with relatively small portions after 9 p.m.

So, here's to those who order seafood or salads from the 24-hour menu at a hotel, and those who find themselves craving scrambled eggs in an all-night diner.

Is it time for dinner? It all depends on how you read the clock.

Carolyn O'Neil is a registered dietitian and co-author of "The Dish on Eating Healthy and Being Fabulous!" ■