

# 5 Ways to Make the Most Out of Each Day

One of the things I am often asked by busy people (which is most of us nowadays) is: "How do you find enough time to exercise and eat right every day?" With a hectic schedule and long hours spent promoting and designing for my activewear company, Lorna Jane, it is sometimes challenging to make time for myself. But that's why I've made it a priority. My mission is to make the most of my days and share my secrets with you, so that you can also start living your best active life!

**Here are a few ways to maximize your time and embrace active living:**



## 1. Set your alarm an hour earlier

I know that a 5:30 a.m. wake-up call doesn't sound appealing to many, but I guarantee that getting up early is the best way to kick-start your day. Use that extra hour to do an early morning workout, nourish your body with a more relaxed breakfast (say goodbye to toast on the go!), and enjoy some thinking time to prepare for the day ahead.

## 2. Dress for success

Do you tend to plan on going for that run after work, but always seem to find a reason to avoid doing it? Banish all of your exercise excuses by sorting your workout wardrobe before you even leave for the office. That pair of sleek black running tights and stylish activewear top you love? Team them with a blazer and heels, and complete your look with statement accessories to take your exercise gear to the office and back! Just pack your sneakers and some make-up wipes. Now you'll be good to hit the pavement as soon as your workday ends.

## 3. Pack your snacks

"You can achieve anything with a plan," is one of my favorite quotes. It applies to work deadlines, reaching fitness goals, and definitely nourishing your body with good food every day! I never leave the house for work without having my lunch and snacks all packed and ready to go. The secret is to spend some time on Sunday preparing for the busy week ahead by cooking up your favorite lunch and snack options. I make enough for the entire week and pop them in the fridge or freezer, and wave goodbye to reaching for quick and easy sugary-filled treats throughout the day.

## 4. Make an excuse to move

Having a desk job can be a recipe for weight-gain if you don't make a conscious effort to move more during the day. It's just too easy to email or call your colleague across the hall rather than actually get up and do something physical. Granted, there are occasions when you might be stranded for more time, but whenever possible try to commit to moving around the office. For example, walk over to talk with your team, take the stairs instead of the elevator, and/or [do some simple stretches at your desk](#). Doing any of these things will keep your body moving and burning a few extra calories at the same time.

## 5. Wind down the right way

You can't expect to go hard all day without giving your body the chance to recharge when you finally get home. Nourish your body with a healthy dinner and enjoy a relaxing walk after your meal., Unplug yourself from technology at least one hour before bed, and unwind with a good book instead. It's important to understand that time away from your email and computer will actually give you the energy you need to be at your best for the next day.

Like anything worthwhile in life, active living takes practice. It's about making the right choices everyday until they become habits that will ultimately make you healthier, happier, and more positive about your life.

So what are you waiting for? Start your active life now!