

Let it Flow

Volume II, Issue II

“Bringing You Back to Your Senses”™

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Time: Can You Spare It?

“You may ask me for anything you like except time.”

– Napoleon Bonaparte

I first saw this quote on the wall of a local yoga studio about 2 years ago, and it had such an effect on me at that time I find myself thinking of it almost daily.

One of the most popular excuses I hear people say is “I wish I had more time for...” Whether for family, exercise, or hobbies it seems we are all in need of more time. We are rushing here and there, multitasking and out of focus. A few months ago I overheard someone refer to “time as the new currency”. More and more people are opting to pay for a service (example: house cleaning, dog walking, grocery shopping) than do it themselves if it saves time.

While I can't solve all of your time concerns, this month I offer you some tips to help you find more time for the things that are important. That's right, for what is important. If the dishes stay in the sink a little while longer in order for you to make it to your child's baseball game, is that ok? Will your world fall apart if you don't get to vacuum because you chose to take care of you and attend a yoga class instead? I don't think so.

My intent is to get you thinking and be more aware of how you spend your time as well as the pressure you put on yourself. Ask yourself if your time spent on certain activities is worthwhile or if it's time to make a change.

If you cringe when you look at your jammed packed calendar, it's time to take heed. Keep reading and realize this; you do have the time, it's just a matter of how you **choose** to spend it.

Be fit
Be well,

Stacey Shipman

Time Saving Tips: My Favorite 5

Plan meals in advance. I pick one day out of the week and cook. I cook 3 to 4 different options that can be frozen or stored for lunch and dinner during the week. Pre-made meals take little time to heat up, and there is less mess. Cook once, clean once, eat many.

Learn to say “NO”. For now, not forever. If you're anything like me, saying no can be very challenging. I think I'm going to hurt someone's feelings and as a result I forget about my own! Saying no can be liberating. For me, it feels like a weight has been lifted off my shoulders. Try it, you might feel lighter, too.

Wake up a little earlier. At this time of year, it's easy to let nature be your alarm clock. Wake up with the sun! If your regular wake up time is 7am, start slow by waking up 15 minutes earlier each day. Small changes can make a big difference and you might find you really enjoy your additional time in the morning. I know I do.

Ask for help. Do you have an “I can do it all” attitude? Are you exhausted and irritable by the end of the day? If so, then it's time to ask for help. Asking for help is not a sign of weakness, nor is it nagging or demanding. Asking for help is about communicating effectively using words like “consider”, “please” and “thank you”.

Prioritize. Plan your day in advance and be realistic about what NEEDS to get done. If you're in the car a lot running here and there, figure out which errands take place in similar areas to avoid driving from one end of town to the other. Forget about your favorite grocery store and go to the one that is convenient.





Fitting Fitness In: Yes You Can!

Do you struggle to find time for fitness in your busy schedule? The good news is you have options! Check out these tips on how to fit in fitness. Some of these can even be done in your own home! How is that for time saving?

DVD and Online Videos – Whether you enjoy kickboxing, yoga or dance there are countless exercise DVDs available from Amazon.com or your local library. If you're a tech junkie, search online for videos you can download to your computer, Blackberry or iPod. There is an option for everyone.

Split it up. If you have trouble finding one 30-minute period during your day to exercise, no problem! Split it up with 10 minutes in the morning, 10 minutes at lunch and 10 minutes after work. Do what you can when you can. I always say "Some minutes are better than no minutes!"

Circuit Training – Got 30 minutes? Then you have time for a complete workout! Circuit training is a method of exercise in which you move from one exercise to another, usually in a series of different stations or pieces of equipment. Your stations can include cardiovascular exercise (walk in place, jumping jacks, biking) and strength exercises (push-ups, lunges, dips). To save even more time, find exercises you can do at home. For more in circuit training visit the [Let it Flow Blog](#).

Take a break – Take a walk during your lunch break. Pull yourself away from your desk in order to feel physically and mentally refreshed. Eating a healthy lunch will make the hour complete and you'll find that you complete your projects well ahead of schedule.

How do you fit in fitness? Email me and let me know!

Read the Blog

Back to Your Senses, the Let it Flow blog, is your one-stop health and wellness resource. You'll find regular updates that include daily wellness and indulgence tips, product and service reviews, information on hiking, yoga and fitness, as well as personal stories and interviews. I want to hear from you, too! If there's something you'd like to know about, please e-mail me.

www.letitflowfitness.blogspot.com

Quick and Easy Recipe

Couscous –Garbanzo Salad

I made this last week and it was delicious. It's quick, easy and perfect as a side or main dish. For a main dish add a piece of grilled chicken or fish. I even added a little bit of crumbled feta cheese for a finishing touch.

- 1 cup vegetable broth
- 1 cup uncooked couscous
- 2 cups chopped seeded tomato
- 1 cup diced cucumber
- 1 cup thinly sliced green onions
- ½ cup grated carrot
- ½ cup diced red bell pepper
- 1 (15 ½ oz) can chickpeas (garbanzo), drained
- 2 Tbsp extra virgin olive oil
- 2 Tbsp red wine vinegar
- 1 Tbsp fresh lemon juice
- 2 tsp chopped fresh oregano
- 1 tsp minced garlic
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- ¼ tsp crushed red pepper

Bring broth to a boil in a medium saucepan and gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Place couscous in a large bowl and cool completely. Fluff with a fork. Stir in tomato, cucumber, and next 4 ingredients; toss well. Combine oil and the remaining ingredients in a small bowl and stir with a whisk. Add vinegar mixture to couscous mixture just before serving. Toss gently. Makes 10, ¼ cup servings.

Source: *Cooking Light*, June 2007, page 182

Summer Ongoing Classes

- **Walk and Yoga (All levels)** – *Tuesdays throughout the summer, beginning June 5, from 7:00am to 8:00am at Nantasket Beach in Hull. Get a fresh start to your day with the ocean breeze and a gentle stretch. Meet at the Bath House.*
- **Yoga (All levels)** – *Wednesdays, ongoing 6pm to 7:15pm, Healing Tree Yoga, Quincy. This class is suitable for all levels. Drop-ins welcome!*

Sound like fun?

Visit www.letitflowfitness.com for more information.