**Best 10 Ways of Leading a Healthy Yet Busy Life**

It is difficult for busy professionals to get a good deal of exercise every day. They are mostly leading hectic lives, running from one meeting to another and from one location to another. No matter how busy you are, you have to take care of your body. Otherwise, you face the risk of burnout. In this post, I have outlined the best 10 ways in which you can lead a healthy yet busy life:

1. Cubicle Exercises: Busy professionals have to be tied to their desk for long hours. Why don’t you improvise your office space for some quick exercises? There are a number of stretches and free-hand exercises that you can do within the confined space of a cubicle. Talk to a physical trainer and get started.
2. Stairs, not Elevators: This is a classic way to get some exercise without setting out to do so. Whenever you find a choice between stairs and elevators, choose the former. That will help you get some exercise and burn your calories.
3. Park Car Far Away: When you visit the movie hall or the shopping mall, park your car far away so that you have to walk a fair amount of distance. This is a sure way of getting some brisk walking done while you are headed for entertainment. If you are late for the movie or your wife is waiting for you at the shopping mall, you have to walk fast! That is even better for your body!
4. Drink Water, not Soda: There are times when you are on the move and need to take a sip. Let that liquid be plain water rather than soda or soft drinks. Soda and other soft drinks have calories embedded in them in the form of sugar. Avoid putting these on your body and use simple water to keep hydrated.
5. Utilize TV Time: Make proper use of the time that you spend in watching TV. During the commercials, get up from that couch and so some freehand exercises. By the time the show you are watching is over, you will have done a fair bit of exercise and at least get even on the calories that you put by just sitting there on the couch.
6. Avoid Coffee after 3pm: Follow this rule every single day. For busy professionals, drinking coffee is synonymous with working. The caffeine intake is bad for your health and for your sleep routine. Avoid drinking coffee after 3pm in the noon. That will help you get proper sleep and wake up fresh the morning after.
7. Don’t Skip Breakfast: Breakfast is the most important meal of the day. Do not skip breakfast because you had a heavy dinner last night. You can avoid lunch or dinner if you are going through a particularly busy day, but never avoid breakfast. Have at least a little food for breakfast, if not a large wholesome one.
8. Take One-on-One Walk Meetings: If your business associate is willing, walk around while conducting a one-on-one meeting. This is quite a radical idea in the context of corporate life but it can be a definite game changer for the fitness-minded corporate magnate.
9. Sleep-time Exercises: Fitness experts suggest that there are many leg exercises that you can do while lying down just before you sleep. These exercises will help you generate a pleasant feeling in the body before you sleep.
10. Eat Healthy: Finally, the mother of all health routines: you have to eat healthy. A generous dose of fruits and vegetables is ideal for your body. Do not deprive your body from nutritious food and the body will be loyal to you.

Author’s Bio: Henry Rogers is a blogger and the best personal trainer in North London.