Get Physical When You’re Short on Time

Take the stairs
Walk your dog
Parking a little farther, enjoy the walk
Bike or jog to your destination
Take the long route
Get off the bus a stop early and walk the remainder of the distance
Engage your muscles while brushing your teeth
Engage your muscles while taking notes, photocopying and more
Do quick circuit training
Workout while watching lecture casts
Ride a stationary bike while studying