

5 EASY WAYS TO FIT RUNNING INTO YOUR DAY

Your simple checklist for staying active — even on busy workdays! Whether you're just getting started or looking to move more, these quick wins will help you make running part of your routine.

1. RUN DURING YOUR LUNCH BREAK

- Pack your running trainers and activewear
- Plan a short route (15–20 mins is great!)
- Cool down, stretch, and refuel with a light lunch

2. BUILD A HABIT OF MOVING MORE

- Get off the train or bus a stop early
- Run home if it's safe and doable
- Keep a gym bag ready at work or at home

3. MAKE IT A MORNING ROUTINE

- Set out your gear the night before
- Wake up just 20–30 mins earlier
- Start with light jogging or walk/run intervals

4. JOIN A NEARBY GYM

- Find a gym close to work (like Moorgate Fitness Club!)
- Use treadmills or join a cardio class
- Use the gym to for variety in your workout to help keep you injury free and see progress more quickly

5. SCHEDULE IT LIKE A MEETING

- Add your run to your calendar
- Set phone reminders
- Treat it like an important appointment — because your health matters!

Ready to get started?

Download the Moorgate Fitness Club app and grab your free day pass or sign up for a membership today!

