

How Many Days a Week Should You Work Out?



The question of how many days a week should you work out is a common one. Anyone starting a workout routine has pondered this. To help answer this question, we've rounded up everything you need to know about establishing a workout schedule.

We'll go over how to find more time and tips for finding a workout routine you can stick to. When it comes to working out, the more you enjoy what you're doing, the more likely you are to keep up with it. Let's get started on a healthier you.

Knowing How Often to Work Out

Did you know that [half of the adults](#) in the U.S. don't get enough exercise to prevent chronic diseases?

One of the most frequently asked questions when starting a new exercise routine is how many days a week should I be working out? The answer to this question isn't a one-size-fits-all response.

The magic number depends a lot on your current exercise routine and your goals. Before you start any new workout routine it's important to speak with [your ChiroThin doctor](#). The two of you can discuss your goals and current physical activity schedule.

Before you start working out twice a day, every day, it's important to create a schedule you can stick to. You want exercise to become a natural part of your life. Working out should be a habit.

If you create a schedule that's too hard to keep up with, you might start to lose steam. Not working out enough, however, can inhibit your weight loss and health goals. This is where your doctor can come in and give you an assessment that fits your lifestyle.

Working Out 101

Working out will look different for everyone. In general, your weekly workout routine should include some cardio, strength training, and stretching. This combination will help you burn calories, increase muscle, and keep your body feeling and looking great.

Not all workout routines are right for everyone, however. While some people enjoy training for marathons, others love yoga. It's important to find something you love doing.

The more fun you're having, the more likely you are to stick with it. Working out should be something you look forward to.

Working out should also help your mood and stress levels. If you have anxiety or fear over working out, it's time to switch things up. If you love taking long walks, incorporate that into your workout routine.

The more you can make working out, fit naturally into your life, the more successful you'll be. This is where creating a schedule is key.

Creating a Workout Schedule

For some people, their daily schedule revolves around their workout. For others, workouts need to fit around everything else. There's no right or wrong way to think about this.

Life is busy. Between work, kids, and other obligations, there are a lot of demands on your time. Before you start to think you don't have time for working out, take another look.

If working out every day is what's important to you, maybe the extent of time can vary. Let's say your goal is to do some sort of workout every day. Three days a week you can [walk your dog](#) a little longer and go for an hour-long walk.

For another three days, you'll focus on harder cardio and strength training. Then one day you'll dedicate to stretching or yoga. When you break down the week like this, working out can seem less intimidating.

When to Work Out

When it comes to working out, you have more time than you think. Before you start your workout routine, it can be really helpful to track your time. Look at your work schedule and family obligations and see where you have time gaps.

Let's say you pick up your child from daycare at 5:00 and they don't go to bed until 7:00. Instead of watching them play for an hour, put them in a running stroller and get your workout in then.

If you have a conference call every morning at 9:00 that you just need to listen to, consider taking your call on the road. Pop in some headphones and walk for that hour instead.

If you're working at home, consider watching a [couple of these videos](#) during your lunch hour. Working out doesn't have to take up hours of your day. Every little pocket of time you can create will make a difference.

There are also opportunities to work out while at work in some cases. If you have access to a shower, you can go for a run on your lunch break or consider biking to the office. Use your commute time as your workout time.

When You Skip a Day

If it works for you, it's fine to have an off day in your workout schedule. If you find yourself skipping too many days, it's time to get back on track. Instead of skipping a day if things come up, push yourself to do ten minutes of exercise.

Your ten minutes could include a walk around the block or a stretch session at home. The act of changing your clothes and doing ten minutes will feel so much better than skipping. This will help keep you on track so that missing workouts doesn't become a habit.

How Many Days a Week Should You Work Out?

When it comes to the question of how many days a week should you work out? Everyone will have a different answer to this question. A workout routine works best when you can seamlessly integrate it into your day.

You want to find something you're excited about. When you're doing what you love, workout days will become your favorite days of the week. Are you ready to get started on the path to a healthier you? Learn more about the [ChiroThin weight loss program](#) to decide if it's right for you!