

# Lunchtime is Prime Time



By *Lara  
Harrington*

When confronted with choosing a time of day to get in a workout, most people automatically think their only options are before or after work. This conclusion is often followed by 2 other thoughts: “I could never wake up at 5 a.m.” or “I’m just too tired after work!”

Lunchtime is one of the most underrated opportunities to get fit. Working out midday will not only help you get the body you desire, it can even improve your productivity at work (employers take note!)

Some other benefits of working out at lunch include:

- You don’t have to wake up at the crack of dawn especially if you’re already sleep deprived. Sleep deprivation is all too rampant and is one of the biggest hurdles in achieving fitness goals. If you’re already getting less than 6 hours of sleep, please don’t cut that down any less to get in a workout. You’ll never recover the way your body needs to.
- You will give yourself a boost in the afternoon instead of falling into the slump. It may even help your work day go by a little faster.
- You don’t have to commit your precious after work hours to your workout. You can thoroughly enjoy your summer

evenings with family and friends.

- Breaking a sweat will make you feel like a million bucks eating a fatty sub in the break room will not.

More good news:

- Boutique Fitness (<http://boutiquefitness.com>) is open all day long. We have group sessions and solo sessions available during your lunch hour.
- A Boutique Fitness workout is 30 minutes. It's timely and super efficient.
- Our facility is clean and has showers.
- Not only are there showers, but our bathrooms are fully equipped with everything you need to clean up, courtesy of the Ruby Room Salon in South Dartmouth.
- We have water, fruit, towels, hair dryers, and even hair elastics & bobby pins.
- Workouts are by appointment so you have to show up:)
- We train women and men.

So what about lunch?

- Pack a post workout shake. I bet it's better than what you're having for lunch now. Here's a recipe for a **Pina Colada Smoothie**.
- Bonus we even have a blender and a refrigerator.
- You can also pack a quality bar or order lunch from our neighbor, Spicy Lime.



*One of the  
most  
underrated  
opportunities*

*to get fit!*

Some tricks that make this even more doable:

- Give yourself some extra time at lunch by getting to work 5-10 minutes early and/or leaving 5-10 minutes later.
- Always keep a packed gym bag with you. Don't forget the clean undies!
- If you shower after your workout, keep the water cool to speed up your cool down process.
- If you wear makeup go for a tinted moisturizer rather than a heavy foundation and apply at the last minute after your eye makeup. It will give you more time to cool down.

Life is hectic we know. You can choose to live this hectic life in a frenzy and out of shape or take control and live it fit.

**Biceps or burgers?  
Shredded pork or shredded abs?**

---