

you can find time to get fit

Feel like you can never squeeze in a trip to the gym? Take inspiration from these three women, who prove that a hectic schedule doesn't have to get in the way of your workout.



OUIDAD

Owner of Ouidad Salons in New York and California

■ A TYPICAL DAY

"I take the 6:20 a.m. train to the office and either

spend 10 hours with clients or work on developing new products, meeting with my employees, and planning marketing strategies."

■ HOW SHE SQUEEZES IN WORKOUTS

"I combine exercise and quality time with my husband. When I get home, the two of us do yoga together. I get to wind down from the day, stretch, and strengthen my body—all without taking away from my family time."



LISA MCGREGGOR, M.D.

Physician at St. Jude's Children's Research Hospital in Tennessee

■ A TYPICAL DAY

"I get up at 5 a.m.,

walk my dog, help my daughter get ready for school, and leave for work by 7:30. I see patients until 5 p.m., then do some office work before heading to my son's soccer practice. We get home around 9."

■ HOW SHE SQUEEZES IN WORKOUTS

"I keep a pair of sneakers at work. The basement of the hospital has a quarter-mile track, and I do a few laps whenever I have 10 or 15 free minutes. It all adds up."



KASSIE REMPEL

Owner of SimplySoles, an online shoe boutique and catalog in Washington, D.C.

■ A TYPICAL DAY

"Before I get to

the office at 8 a.m., I dress my two kids (ages 1 and 3) and give them breakfast. I design shoes, handle vendor issues, and talk with customers until 6 p.m., then come home, hang out with my family, and read e-mails until 11."

■ HOW SHE SQUEEZES IN WORKOUTS

"I exercise before my kids get up. My newest favorite is a dance DVD, *Core Rhythms*. It's compelling enough to get me out of bed."