

Life Hacks



"I'm supposed to write a book on busyness if I could only find the time." Kevin DeYoung, *Crazy Busy*. (1)

I ran out of time for my workout. I ran out of time for my meal prep. I ran out of time to prepare ...

Life is busy, life is full, life is complicated. Don't we all need a few time saving shortcuts?

A life hack (or life hacking) is any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life. The term was primarily used by computer experts who suffer from information overload or those with a playful curiosity in the ways they can accelerate their workflow in ways other than programming. (2)

Why not article on Life Hacks? Fitness hacks, cooking hacks or heart hacks?

Vicki's Fitness Hacks that really work. The number one reason people give up on exercise is lack of time. I get it. Here's a few fitness hacks I think are effective:

- **Grapevine around the house.** No, not the vine that grows grapes. It's a foot pattern. Goes like this: step behind, step...better yet, watch me and Diane demonstrate it below. A grapevine is great for balance and coordination.
- **Write your ABC's.** While sitting, standing or waiting in line, write the alphabet with your toes. Not only does it take coordination it great for mental clarity.
- **Posture check.** Spending time in the car? While driving press the back of your head into the headrest. It will strengthen neck muscles, improve posture and help avoid "forward head".
- **Get out on the wrong side of the bed.** It's a simple trick that will "fire" your brain in a different way as you start the day.
- **Play an air guitar** – then switch sides. It's a nice circulation break for computer stiff fingers and wrists.
- **Speed sweep.** I actually just tried this. Swept my entire front porch in less then five minutes – definitely cardio!

Click to watch a grapevine how-to with Vicki and Diane:



(1) Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem, p.11, Copyright 2013, Kevin DeYoung.

(2) https://en.wikipedia.org/wiki/Life_hack