



tip Upright commute? Catch up on emails, and even work muscles with isometrics.

Maximum Ride

Whether you head out from the office by train, by car or even on foot, make the most of your commute—no job focus required. “Use this time to work on personal goals without feeling guilty,” says Kati Chevaux, time management expert at Cozi.com.

App to it.
Now that there’s an app for everything, use

train time to tackle your personal to-do list. Hunt for vacation deals, pay bills online, plan your dinner menu and even update your family’s social calendar.

Dream big.
Realize long-put-off goals you just can’t seem to make time for during the day. Mull over the plot for that novel you’ve always wanted

to write. Research grad schools to further your education.

Just unwind.
You can pack a lot into your commute, but that doesn’t mean you should. Relax as you catch up on emails, focus on deep breathing or grab some much-needed zzz’s before switching into mommy mode.

