

# 10-MINUTE WORKOUT

## A LITTLE DOES A LOT



### What's a 10-minute workout, anyway?

It's a short exercise session to gain strength, improve balance or get your heart pumping. It can make a huge difference in your health now and in the future. And guess what? You can do it almost anywhere.

How are you fitting short workouts into your life right now?

  
  

### WHAT'S MOST IMPORTANT TO YOU?

**Being at a feel-good weight.** A burst of activity can burn a lot more calories and fat than you might think. A little can mean a lot.

**Having energy.** Physical activity can energize you so you're able to do more. Which can give you more energy. And so on.

**Fitting in a workout.** Mega-booked? Rethink what a workout means. Even short exercise sessions can improve overall fitness.

**Feeling happier.** No more "I should work out." Fitting bursts of exercise into your day is doable, satisfying and gets rid of the guilt.

### TRY THIS AT HOME

While sitting, pull your belly button in toward your spine. Lift one knee toward your chest, stomach muscles tight. Lower and switch legs, repeating 20-30 times. Lift both knees to work harder. Congrats: You just learned one way to help strengthen core muscles.

### FIVE WAYS TO GET STARTED



**Make it fun.** When's the last time you danced to the radio? Give yourself 10 minutes of goofing off. Just move.



**Get on your feet.** Stand when you usually sit, even if it's just for a few minutes. It burns more calories and changes your metabolism.



**Pair it up.** Match one daily activity with an exercise to build muscle. Like push-ups after you brush your teeth or squats before lunch. Yep, it really can be that easy.



**Focus on the core.** Work your abs and back muscles. Why? They're key to everyday motions like lifting, bending and getting out of a chair. Super important.



**Plot it out.** Plan 10-minute slots of activity. Early riser? Set your alarm to fit in toning. Owl-ish? Plan an evening walk. Even better, go with a friend.

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## REALLY? I DIDN'T KNOW THAT!

- The exercise effect isn't imagined. Feel-good chemicals are released in the brain when you work out. So, 10 minutes can boost your body *and* your mood.
- A person's health, how active they are, and where they live are just some of the factors determining how much water they need to drink on a daily basis.
- One study found that people who engaged in brief, 10-minute exercise sessions experienced decreased levels of depression and anxiety.
- If you exercise certain muscles, it's best to rest them the next day. This lets cellular changes occur in response to the workout. Your reward? Better-performing muscles.



## PLAN FOR YOUR ROADBLOCKS

We all encounter roadblocks from time to time. Try planning ahead with this technique recommended by personal-change experts: First, envision the benefits of reaching your goal, starting with your personal vision. Then, imagine your biggest roadblocks and how you'll get past them.

ROADBLOCK	STRATEGY
I'm so tired. All I want to do is veg out.	I can do 10 minutes. I know it'll give me energy.

## WRITE YOUR PERSONAL VISION

Create a short phrase capturing a benefit of 10-minute workouts, whichever benefit is most important to you. Say it anytime you start to veer from your new path.

**Example:** Short activity bursts help keep me at my feel-good weight.

**My personal vision**

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## WHO SUPPORTS YOU IN YOUR EFFORTS TOWARD 10-MINUTE WORKOUTS?

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