



## **How to Exercise Without Even Trying**

### ***13 Easy Ways to Fit Exercise into Your Day***

Regular aerobic exercise not only makes you feel good, it can help you live longer and healthier. Research shows that regular exercise helps people shed excess pounds, reduce health risks, strengthen the heart, and boost the mind and emotions.

The Mayo Clinic recommends that most healthy adults do at least 150 minutes of moderate aerobic activity (or 75 minutes of vigorous aerobic activity) every week. However, in today's busy world, it can be challenging to block out large chunks of time to exercise. The good news is: you don't have to do it all at once! Studies show that 10-minute intervals here and there can work wonders for your health.

- A landmark study at the University of Virginia found that men and women who completed 15 10-minute exercise routines a week for a period of 21 days had aerobic fitness levels equal to that of people 10-15 years younger than them.
- Researchers at the Johns Hopkins School of Medicine in Baltimore found that for improving health and fitness in inactive adults, many short bursts of activity are just as effective as longer, structured workouts.

When you're pressed for time, try these easy ways to work exercise into your day:

#### **At Home**

1. Take a brisk, 5-minute walk up the street and back when you go outside to pick up the paper.
2. Try 5 to 10 minutes of jumping jacks. (A 150-pound person can burn 90 calories in one 10-minute session.)
3. Cooking? Do a few standing push-ups while waiting for that pot to boil. Stand at arm's length from the kitchen counter and push in and out to work your arms and shoulders.
4. House cleaning or gardening? Attack it with gusto and vigor, and try to work up a sweat. The chores will get done faster, leaving you more free time.
5. Doing dishes? Do toe raises at the sink. Or try standing on one leg, and then the other, while you dry the dishes; this improves balance and strength at the same time.

#### **At Work**

6. Walk to work if you can.
7. Talking on the phone? Use a phone that allows you to walk, or at least stand up. Studies show that your brain works better if you're on the move while thinking or talking.
8. During breaks, spend 5 to 10 minutes walking briskly or climbing stairs.
9. While waiting for photocopies, try walking around or doing a quick stretch.
10. Take a "walking meeting" with a coworker. It's literally true that you think better on your feet!

#### **Watching TV**

11. Ditch the remote. Change channels by getting up and walking to the TV.
12. Use the commercials to do some stretches, exercises, or jogging in place.
13. Do leg lifts with small weights while you watch your program. The Department of Health and Human Services recommends that healthy adults do strength training exercises twice a week.

As a general goal, you should aim to squeeze in at least 30 minutes of physical activity each day. Even if you pick just three of the options above and do them for 10 minutes each, you'll feel—and see—the difference!