



Get Fit in Minutes a Day

CHALLENGE

Exercise
10 to 30
minutes daily

Requirements to complete this HEALTH CHALLENGE™

1. Read "Get Fit in Minutes a Day."
2. Create a plan to exercise 10 to 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Too busy to exercise? It's easy to *think* you're too busy. There's a lot of things competing for your attention...work, family, hobbies, entertainment. And there's only so many hours in the day...right?

So you skip a workout. You stop taking daily walks. You don't go to the gym anymore. And pretty soon, other things fill your schedule. That ever happen?

At first, it doesn't seem like a big deal. But things start to change in tiny increments. You gain a little weight. It's harder to walk up stairs without breathing heavy. Your risk for chronic diseases like diabetes, heart disease, and obesity go up. Or maybe you just start to feel sluggish?

Quiz: Can you get fit in just minutes a day?

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1. You need to spend hours in the gym or working out to get in shape and stay in shape.
2. You can improve your health with just 10 to 30-minutes of exercise a day.
3. If you only exercise a little, it doesn't really help control weight or prevent disease.
4. Exercising in 10-minute blocks, three times a day, provides the same health benefits as one longer workout.
5. Aerobic and anaerobic exercise helps strengthen your heart, lungs, bones, and muscles.

Check your answers below. If you answered any of these statements incorrectly, you could benefit from learning more about how you can get fit in just minutes a day. Even if you're short on time, 10-minutes of exercise can improve your health, boost your mood, and help you feel better..

Answers: 1 False. 2. True 3. True 4. True 5. True

Sound familiar? An estimated 77 percent of all adults don't get enough exercise. But it doesn't have to be that way, even if you're short on time.

Check your calendar. Check your schedule. Check your to-do list. Or just grab your phone, cause it's all there, right?. If you've got a half-hour window of time or less available, you can get fit in just minutes a day. And you don't even need to hit the gym, buy equipment, or hire a trainer.

Want to improve your health, feel better, and get a little more exercise? Take the month-long Health Challenge to Get Fit in Minutes a Day.

Make your workout work for you
<https://tinyurl.com/yycsa3jv>