

13 Benefits of Shorter Workouts



Instead of waiting until New Year's, now is a better time to give up the excuse: "I don't have time to exercise." Start today. If you don't have 30 to 60 minutes to work out, even 10 to 20-minute sessions can make a difference.³

But saving time isn't the only benefit to shorter workouts. Exercising in shorter intervals can also help you:

1. Lose weight or maintain a healthy weight
2. Reduce body fat
3. Build muscle
4. Lower blood pressure
5. Reduce risk factors for heart disease
6. Control blood sugar levels
7. Cut the risk for certain types of cancer
8. Improve cholesterol levels
9. Build stronger bones
10. Improve mood and brain function
11. Increase mobility
12. Prevent injuries
13. Live longer



Get Fit in 20 Minutes or Less

Want to lose weight, get stronger, reduce your risk for chronic diseases, and improve your health? Twenty-minute exercise sessions can help.⁴

All you need to do is pick an activity where you can exercise in short bursts, rest a little, and repeat, like this:



Walk This Way

- Go for a walk in your neighborhood, the store, the park, or in the mall.

- Take a couple minutes to warm up.
- Then walk as fast as you can for 1 to 2 minutes. You should still be able to have a conversation, but you'll be breathing heavier.
- Slow down for 1 to 2 minutes. Repeat, until you've completed your walk



The At-Home Hustle

Want to work out at home? Maybe between commercials, early in the morning, or when you have 10-20 minutes of free time. Pick a group of exercises. Perform each exercise for 1 minute. Rest briefly and repeat for 1-2 rounds. Exercises can include:

- Jumping Jacks
- Burpees
- Push-Ups
- Curl-Ups
- Bodyweight Squats
- Jump Squats
- Jogging in place
- Plank
- Mountain Climbers
- Lunges



In the Gym

Try the treadmill, cycle, elliptical trainer, or rowing machine. Warm up. Hustle for 1 to 2 minutes. Rest briefly, and repeat, until you hit 20 minutes.



Exercise Anytime... Anywhere = No Excuses

If you've been making excuses about not having time to exercise, those days are over. You can exercise anytime, anywhere. The gym is great. But your living room, hotel, office, garage, or backyard will work just fine, too. Ready...set...GO!

How to get fit fast
<https://tinyurl.com/yycnlugy>

Get Fit Fast: The 20-Minute Solution



- Can you really get fit in just minutes a day?
- Do shorter exercise sessions work?
- Is working out at the gym better than working out at home?

That's what a team of researchers at Liverpool John Moores University wanted to find out.²

Home workouts vs. gym workouts

In the study, researchers created 12-week exercise plans for three groups of obese people.

- One group exercised 150 minutes a week, 30 minutes a day at a moderate pace.
- The second group rode a stationary bike for 20 minutes a few times a week at higher intensity.
- The third group did bodyweight exercises at home for 20 minutes three days a week

The results: Short exercise sessions at home can be just as effective as longer or more intense workouts. The third group achieved similar results (as groups 1 and 2) to lower body fat, reduce the risk for heart disease, and improve blood sugar levels.

"An at-home exercise regimen reduces barriers to exercise, such as time, cost, and access, and increases adherence in previously inactive individuals," says lead researcher Dr. Sam Scott.

"It gives people a more attainable exercise goal and thus could help improve the health of countless individuals."

20-minute at-home bodyweight workout
<https://tinyurl.com/y4qh3yyk>

References

1. Centers for Disease Control and Prevention. (2020). Exercise or physical activity. From: <https://tinyurl.com/y3xpzcrq>
2. Scott, S., et al. (2019). Home-hit improves muscle capillarisation and eNOS/NAD(P)H oxidase protein ratio in obese individuals with elevated cardiovascular disease risk. *Journal of Physiology*. From: <https://tinyurl.com/y4836bmz>
3. Kravitz, L. (2014). High-intensity interval training. American College of Sports Medicine. From: <https://tinyurl.com/yx465k7b>
4. Harvard University. (2015). Interval training for a stronger heart. Harvard Health Publications. From: <http://tinyurl.com/jimon9ko>

