

# Walk **NEBRASKA**

## Take “10” for Fitness

When asked what prevents them from enjoying the benefits of an active lifestyle, people report that obstacles are: (1) no time to fit physical activity into their busy lives; (2) it isn't convenient to exercise; (3) it's boring; (4) it's hard to stay motivated; (5) it hurts! If any of these reasons sound familiar to you, here is some great news from the world of medical research: **YOU REALLY CAN GET FIT 10 MINUTES AT A TIME.** No matter how busy your daily schedule, you can probably find 10 minutes here or there. A short dose of physical activity is not only do-able – it's also easy to stay motivated and difficult to get bored in such a short time! Here are four ideas:

- **Find 10 Minutes for Aerobic Activity**

One easy way to get 10 minutes of heart-smart aerobic activity is to always have a comfortable pair of shoes nearby, like under your desk or in the car. This way you are ready to walk around the office, the mall, or the neighborhood whenever you have a few extra minutes.

- **Engage in 10 minutes of Strength Activities**

If you believe that a gym filled with machines and massive weight lifters is the only way to build muscle strength, think again. To make strength activities convenient, keep a small pair of hand weights near the telephone at work or home. This way you can strengthen your upper body while talking on the phone. A set of resistance bands also makes strength activities easy at home, at work, or on the road.

- **Enjoy 10 minutes of Stretching Activities**

Yoga is another activity that doesn't need a special time or place. Enjoy the benefits of stretching, like stress reduction and prevention of repetitive injuries (e.g., carpal tunnel syndrome) from the convenience of your chair. There's no pain and always plenty to gain from a serious stretch.

- **Try 10 minutes of Balance Activities**

Many yoga moves, as well as Pilates and Tai Chi, help work the core muscles in the back, abdomen, and pelvis that provide stability for every day balance. An inexpensive stability ball is a fun way to add variety of balance, stretching, and strength activities to your down time. Keep one in front of your TV – and turn couch potato time into a fitness opportunity!

### Source

“4 Fun Ways to Get Fit 10 Minutes at a Time”, Healthy Families Media Campaign, March 2008;

Website: <http://www.eatrightmontana.org/>

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