

# FAST FITNESS

## Maximize Your Minimum

For health benefits, the Centers for Disease Control recommends accumulating 30-60 minutes of moderate physical activity most days of the week.



## 10 WAYS TO BURN 100 CALORIES IN UNDER 30 MINUTES

Activity	Minutes
Rope jumping	8
Basketball	11
Lawn mowing	13
Jogging	13
Weight lifting (free weights)	17
Pushing a stroller	20
Sweeping/vacuuuming	23
Washing/waxing your car	25
Calisthenics	26
Walking (3 mph)	27

**Note:** These are approximate values for a person weighing 150 pounds working at a moderate pace in continuous motion. The more you weigh and the faster your pace, the more calories you burn.

Source: "Calorie Burning: An Activity Guide" from The Wellness Encyclopedia, Houghton Mifflin Company, 1991

**D**espite all the hustle and bustle in the world, most people aren't physically active enough to reach their best state of health. Too busy? The truth is, even when you're on the go, you can still fit in some fitness.



## WALKING: Earth's Easiest Exercise

**SET GOAL:** Aim for at least 10,000 steps per day. An inexpensive pedometer worn at your waist will record every step you take. It can help you reach your goal by making you aware of your physical activity and motivating you to strive for more.

**The many ways to add steps to your days:**

- Walk to **deliver** important messages at work.
- **Park** farther from the door.
- Walk 15 minutes to get **lunch**.
- Walk around your **block** at least once a day.
- Take the **stairs** often, wherever you are.
- Spend quality time with your **kids** on a walk through the park.
- Walk up and down the **escalator**, rather than ride.



## Play It Safe

Consult your health care provider before significantly increasing your activity level or if you have heart disease, arthritis or other chronic health problems.

## 5-MINUTE FITNESS

Evidence suggests that even short 5-minute "workouts" have health benefits. **Here are some ideas:**

- 1. Before you shower.** Slowly bend forward and try to touch your toes; hold this position for 10 seconds and then straighten up. Repeat up to 10 times. After limbering up, the shower will soothe your back muscles.
- 2. Before you dress.** Lie down on a carpet or mat and do 3 sets of 5 crunches. Keep your arms crossed, your knees bent and your feet flat on the floor.

**For each crunch:** Hold your upper body at a 30-degree angle for 2-3 seconds before slowly lowering your back to the floor.

**3. During work breaks.** On the line or in your office, try jogging in place for 3-4 minutes to "muscle up" your heart and lungs; no need to break a sweat. Stretch afterward.

**4. When you return home.** Walk the dog, play energetically with the kids, do a chore that requires weight bearing ... do anything but sit.