



60 Minute Workouts. Who has time? Quick and Easy 10 minute workout tips

Did you know that the Institute of Medicine recommends 60 minutes of moderate physical activity each day? You may be wondering how you can possibly find 60 solid minutes for exercise in your day. After all you also have to work 8 hours a day, make dinner, help the kids with homework, and etc. However, if we read closely the Institute of Medicine's statement does not say that it has to be 60 solid minutes of exercise, it just says that you have to be active for a total of 60 minutes throughout the entire day. Numerous studies have shown that quick spurts of exercise (those lasting at least 10 minutes) throughout the day are just as effective as exercising for a solid 60 minutes. You may find that it is much easier to schedule short 10 minute periods of exercise in throughout your day than finding time to do it all at once. Here are some quick and easy exercise tips on how you can be more physically active in just 10 minutes!

- To burn more calories during a short workout you have to increase the intensity of the workout. Your intensity should be in between a 5 and a 9 on a scale of 10.
- Shoot for 10 minutes of the following exercises at a higher intensity to burn more calories.
 - Running - Make sure you are trying to run faster than your normal pace. Imagine someone is chasing you.
 - Speed walking - Walk as fast as you can without running.
 - **Walking the stairs** - Walk or run up the stairs at work as fast as you can. Try to move your arms while going up and down.
 - Walk up a hill - Find a good hill around your house and walk up it as fast as you can.
- Use the following exercises in combination for a great 10 minute workout. Do each move for at least 30 seconds to 1 minute. You can put them in any order you want.
 - Jumping Jacks
 - Jog in place - Get your arms moving and make sure you are lifting your knees off the ground.
 - Jump rope - You do not have to have a jump rope. You can use your imagination and still have the same effects.
 - Skipping
 - Dancing and Singing
 - Squat hops - Stand with feet shoulder width apart. Lower into the squat position. While in the squat position hop forward 4 times, keeping feet shoulder width apart. Walk back to starting point to repeat.

Source: "10 - Minute Timesaver Workouts", About.com

