
Exercise Express

30 Minutes
a Day

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A Quick Health Quiz!

Which of these can help you deter chronic disease, ward off weight gain, boost your brainpower and your energy, lessen stress, brighten your mood, increase your immunity and strengthen your self-esteem?

- (a) Winning the lottery.
- (b) Being a contestant on *Dancing with the Stars*.
- (c) Doing physical activity for 2½ hours a week.
- (d) Becoming an “empty-nester.”

Despite the undeniable appeal of answers (a), (b) and (d), the Centers for Disease Control and Prevention (CDC) says the correct answer is (c). According to governmental guidelines, we all need **150 minutes of moderate-intensity exercise a week** to help maintain and improve our health.



Aim for 30 Minutes a Day

The CDC says American adults need 150 minutes of moderate-intensity aerobic exercise each week. “Moderate intensity” means you’re working hard enough to raise your heart rate to an aerobic target. The CDC also suggests spreading out the recommended 150 minutes in shorter sessions over the week. Many people find that aiming for 30 minutes of exercise a day most days in the week, even in 10-minute bursts, allows them to accrue the recommended 2½ hours of exercise during the week.

See the FAQ section at the end of this e-book for details on what exercises might be moderate intensity, the health benefits of exercise and more.

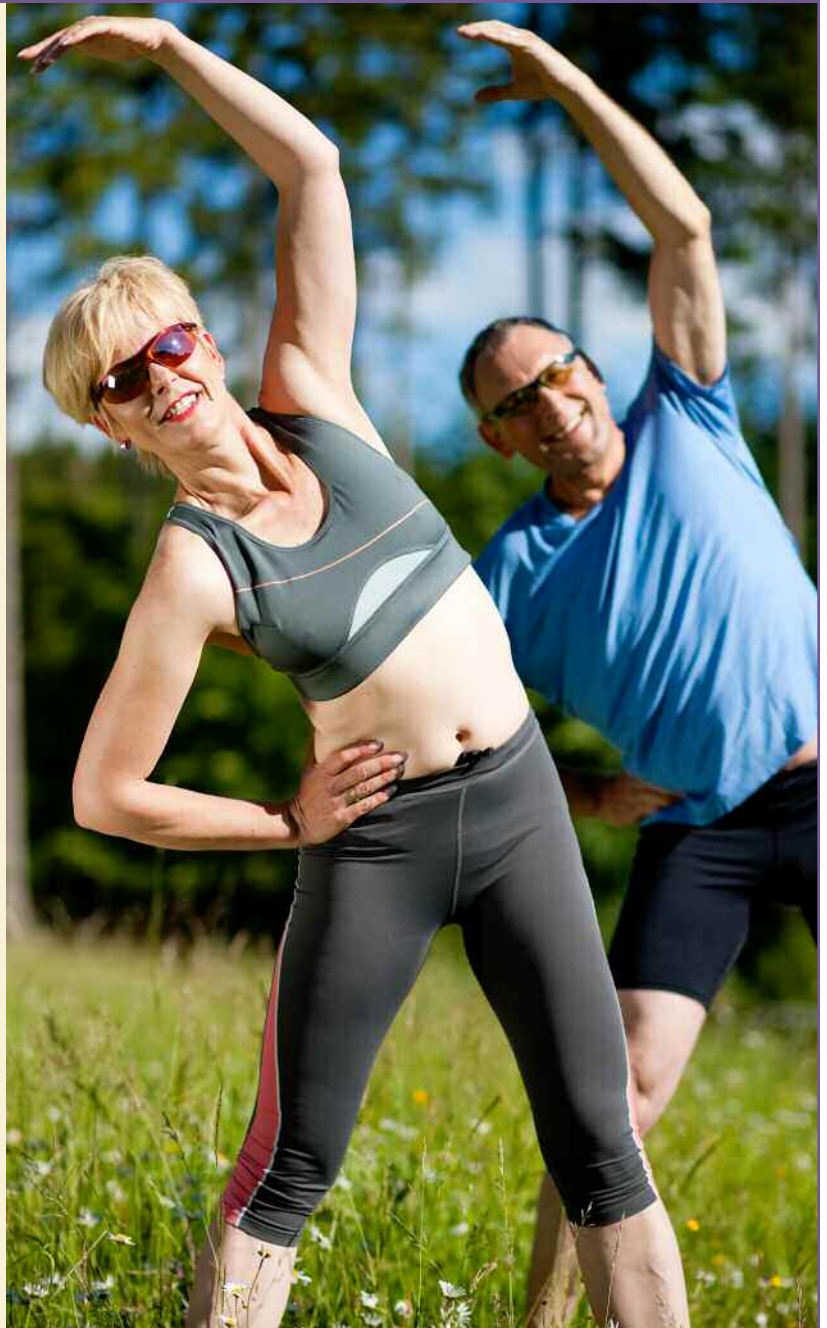
Exercise Express: 30 Minutes a Day

Exercise 30 minutes a day?!

We know: You don't have time! Or you're too tired, you can't afford a gym membership, you're self-conscious, you're not athletic, life's so hectic, or it's too cold/hot/rainy/dark/early/late/boring!

We are creative with our reasons not to exercise. If one doesn't fit, try another. But studies show that **lack of time** is the number one roadblock people list for why they don't exercise.

This e-book can help you bypass that "don't have time" roadblock and move your exercise efforts into the express lane. Follow these tips, tactics and techniques, and you can fit 30 minutes of moderate-intensity physical activity into your day, most days of the week. Once exercise becomes a way of life for you, you'll be glad you made the investment in your health.



Exercise Express: Keep Time



For a few days, log how you spend your time, from getting out of bed in the morning to hitting the sack at night. Be thorough in recording what you do with each hour. Then, make an honest determination of each place you could fit 10 to 30 minutes of exercise in your schedule. Keep that “found time” for yourself! A few suggestions:

Skip the snooze. When the alarm goes off, don’t opt for 10 minutes more pillow time. You’re awake anyway! Get up, and get moving. Take a fast walk around a block or two. Jump rope. Walk the dog. Hit the mini-trampoline. Or catch the early news while you pump pedals on the exercise bike or jog in place. Even 10 minutes is one-third of your daily target!

Let’s do lunch! But instead of driving to the nearest fast-food emporium, walk to the nearest restaurant featuring healthy fare. Or even better, meet a friend at the local park or museum, and bring a power-packed low-fat, high-protein sack lunch. Then use the time you save by not waiting in line to take a power stroll around the parking lot, around the lake or through the art gallery. Wow! Who knew found time could be such fun!

Dress for success. When you get home from work, do you kick off your shoes, grab the mail, snatch a snack, turn on the TV and get comfy on the couch? Instead, change your priorities and your wardrobe: Immediately slip into your workout clothes – or at least comfy shoes – and take 10 minutes (or more) to re-energize with a brisk walk, bike ride or exercise video. You’ll banish the work-worries and be refreshed and re-energized enough to make sound choices like “What’s for dinner: Baked chicken or a quart of ice cream?”



Walk the talk. If you know you’ll be on the phone with Mom, your BFF or your college freshman for 45 minutes every other day, don’t take it sitting down. Put that time to double use. Plug in the earbuds or pop on the Bluetooth® and get moving. Walk around the block, several times. Stride up and down the basement stairs ... and up and down, and up and down, and up and down. Put some mileage on the treadmill. Hoof it to the corner convenience store and back. If your conversation partner notices the heavy breathing, encourage him or her to join you, step by step.

Exercise Express: Homework

Keep in mind that not all housework and yard work can be counted as moderate intensity exercise. For instance, washing dishes, dusting, folding laundry, planting flowers or pulling weeds probably will not get your heart rate into the aerobic target range. But you can get a great workout without leaving your home! (See FAQs at the end of this book for a definition of “moderate intensity.”)

Vacuum with vitality. As glamour-less as it is, pushing a heavy vacuum back and forth repetitively for 15 or 20 minutes will raise your heart rate. Keep a steady, swift rhythm, and don't take breaks as you go from room to room. In a moderately sized house, you'll not only tick off at least half your daily exercise needs, but also end up with cleaner carpets!

Mow for more. Use a push mower, not a riding mower. For even more benefit, ditch the self-propelled feature. And if you want to go all out, push a reel-type mower. A fair-sized lawn, a brisk stride and the added weight of pushing the mower can add up to a day's worth of moderate intensity exercise!

Do windows. And floors. This upper body-intense exercise performed in a vigorous, constant pattern can elevate your heart rate (and ... Bonus! ... work out some muscles!). Just be sure to keep it up for 10 to 30 minutes without slowing down.



Shovel it. Snow or dirt. As long as you keep a constant, energetic pace, shoveling can keep your heart rate in an appropriately aerobic range. So blow off the snow blower, or turn off the tiller, and tip that shovel. Please: If you are not used to physical exercise, be sure to check with your doctor about your risks before shoveling snow.

Exercise Express: Workplace Workouts



If you spend 40 hours a week at work, you may think that's 40 hours a week that you can't exercise. But take a look at the wonderful workplace workout opportunities:

Walk it off. If you live within reasonable (and safe) distance, leave the car in your garage and employ foot-power to get to work and back home. You'll start your day with at least part of your exercise needs met. Or, consider biking to work. Either way, you'll feel more alert and energetic at the start of your workday.

Power park. Choose a spot at the far end of the parking lot, and power walk your way to and from your office building. Better yet, circle the parking lot – on foot – once or twice before you plunge into your workday.

Break up the coffee break. Coffee, conversation and a snack. Really? That's what gets you through the rest of the morning? Try 10 minutes of exercise instead: Race-walk around the block. Go up and down several flights of stairs. Close your office door and jump rope or do jumping jacks. Corral a co-worker for a co-walk. Repeat for your afternoon coffee break.

Escape the elevator. Always take the stairs. Start with one flight, and add a flight every week or two. Before you know it, you'll be at the top!



Exercise Express: Take it Outside



You can exercise outdoors in most areas of our country, during any season. Just be sure you dress appropriately for the weather. And if you're exercising outside in the dark, wear reflective clothing or gear so you are visible to motorists. Now explore the great outdoors!

Walk the dog. Fido will benefit as much as you do – dogs can suffer from obesity and heart disease, too! Or treat your pet to a rousing game of marathon Frisbee or fetch; just make sure your heart gets pumping as much as Fido's does. Don't have a dog? Volunteer to walk dogs at a shelter. Your commitment is commendable!

Paddle your own canoe. Literally. Again, upper body workouts can significantly increase your heart rate. If you live near a recreational lake or river, take advantage of canoe rentals for an out-of-the-ordinary workout. You might even treat your spouse or significant other to a romantic moonlit evening!

Meet the neighbors. Navigate the neighborhood on foot every day, and you're bound to get to know a few other local exercise aficionados. A brisk 30-minute walk in the subdivision may lead to lasting fitness friendships.

Step into the stadium. If your school district does not restrict access, trek up and down the steps at the local high school stadium during non-game times. Time yourself, and try to speed up your time each week or two.

Take a hike. Seek out a nearby walking trail or nature path, and enjoy the scenery of woods, a lake, a river or the mountains. Hilly terrain will increase your workout intensity, and a quiet location away from the city bustle will calm your senses.



Exercise Express: At Your Leisure

Your free time is the perfect time to fit in a little fitness. You're not feeling rushed. You're not facing deadlines. Your must-dos are done (or can wait). And since you're already doing something you enjoy, a bit of exercise is just one more piece of the fun equation.

Sprint shop. Before you buy anything from any store, make it a point to take a fast lap or two around the mall. The exercise may clear your head so you'll make wiser purchasing decisions. And you just may spot a few bargains you would otherwise miss! Not really shopping? If mall management approves, you can still use the mall hallway as a safe, comfortable walking route. Some malls open to walking groups ahead of store opening times.

Weight for commercials. Can't miss your favorite TV programs? Go ahead – indulge! But commit to fitness moves during the commercials. Lift hand weights. Jog in place. Do jumping jacks. In an average hour-long program, you'll get at least 15 minutes of workout time. Or, post a TV in front of your treadmill, elliptical or exercise bike, and power away through the entire program.



Dance, dance, dance! Blast your favorite fast-paced music, and boogie down! Upstairs, downstairs, all through the house, or just in your exercise room – get your groove on and your heart rate up. After 15 to 30 minutes of dance fever, you'll feel younger, body and soul.

Exercise Express: At Your Leisure



Vacation vigorously. Seek out scenic hiking areas. Trek through self-guided town tours. Swim, ski, snowshoe and surf. Bicycle from village to village. Walk the golf course. Find the fitness club in your hotel. Learn the native dance. At the airport: Walk – don't ride – the escalator and moving sidewalks. You'll get there faster, and get more exercise to boot!

Cue the kids. Make exercise a family affair. Play tag with the kids – and keep it up as long as they do. Race your teenager around the school track. Teach the tots how to ski. Bring out the bikes. Run the bases. And make sure your entire family knows that physical activity is part of good health.

Exercise Express: FAQs

What is “moderate-intensity” exercise?

The Centers for Disease Control and Prevention (CDC) identifies “moderate-intensity” as working hard enough to get your heart rate up and break a sweat. You should be able to talk, but not sing a song. Think about a fast walk, water aerobics, doubles tennis, biking on level ground, mowing the lawn, calisthenics. Your target heart rate should reach 50% to 70% of your maximum heart rate. To find how to figure your suggested range, go to <http://www.cdc.gov/physicalactivity/everyone/measuring/hearttrate.html>



What can 30 minutes a day do for me?

Take a look at some of the benefits of daily moderate-intensity physical activity:

- Weight control
- Reduced risk of cardiovascular disease, Type 2 diabetes and some cancers
- Increased immunity to colds and viruses
- Stronger bones and muscles
- Improved balance
- More energy
- Better sleep
- Improved mood and mental health

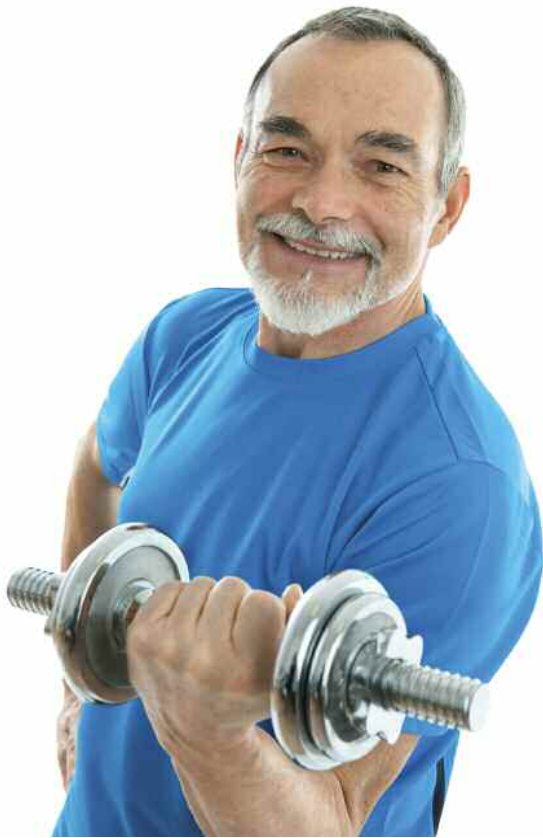
Do more workouts mean more benefits?

Absolutely! Your 30 minutes a day activity can help you maintain your weight, but it's likely that you'll need more and higher-intensity exercise (and reduced calories) to actually lose weight and keep it off. And 60 minutes of higher-level activity 3 to 5 times a week may help prevent weight gain.

Do I have to exercise 30 minutes at a time in a day?

No. You can break up your 30 minutes into more manageable 10-minute workouts each day, as long as you maintain intensity. However, the CDC recommends that each activity be at least 10 minutes of moderate-intensity activity.

Exercise Express: FAQs



What if I've never exercised, and can't manage 30 minutes a day?

If you've never exercised, check with your doctor to learn if you are physically up to starting an exercise program. Then start slowly, doing as much as you can and building up to 30 minutes a day. You'll gain strength, stamina and confidence over time.

If I do vigorous-intensity exercise instead of moderate-intensity, do I still need 150 minutes a week?

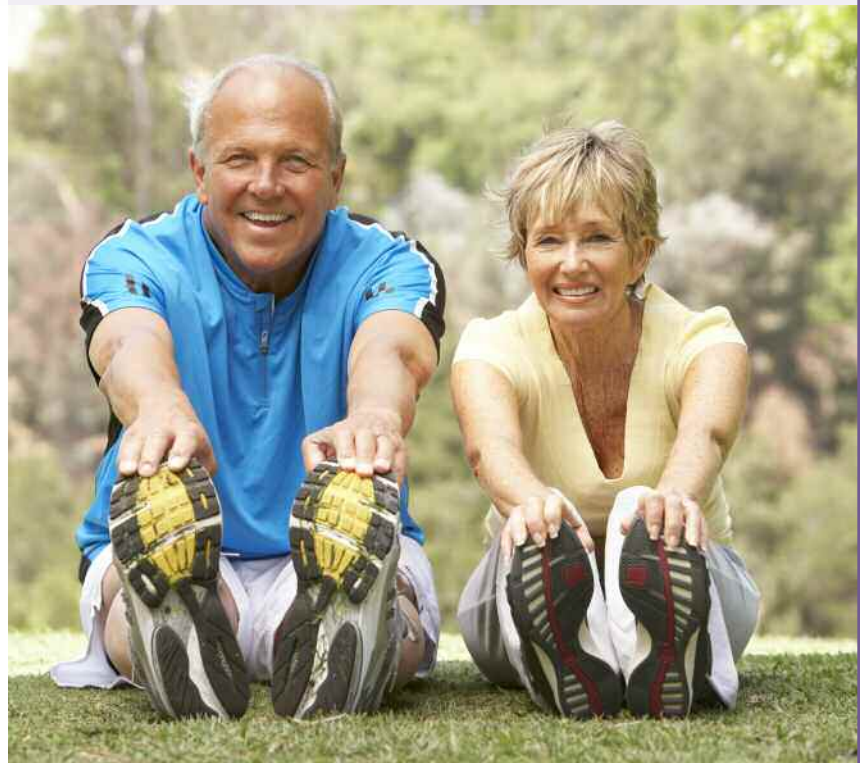
The CDC recommends 75 minutes a week of exercise if you do vigorous-intensity physical activity. Your breathing will be harder and faster, and your heart rate will increase more. At this level, you won't be able to carry on a conversation. Examples of vigorous-intensity exercise include jogging, running, biking on hills, basketball and singles tennis.

What about weight-lifting? Does that count?

According to the CDC, adults need to perform "muscle-strengthening" activities at least two days a week, working all major muscle groups: legs, hips, back, abdomen, chest, shoulders and arms. That means lifting weights, using resistance bands, yoga, push-ups, sit-ups and other activities that use body-weight as resistance. However, your muscle-strengthening activities do not count toward your aerobic exercise total time.

How many Americans actually exercise regularly?

According to a recent Gallup/Healthways poll, slightly more than 50 percent of Americans exercise regularly, reporting three times a week or more for 30 minutes. Another 30 percent reported getting no exercise at all. The poll showed that among obese Americans, only about 41 percent report exercising regularly; they are 28 percent less likely to exercise three times a week.



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