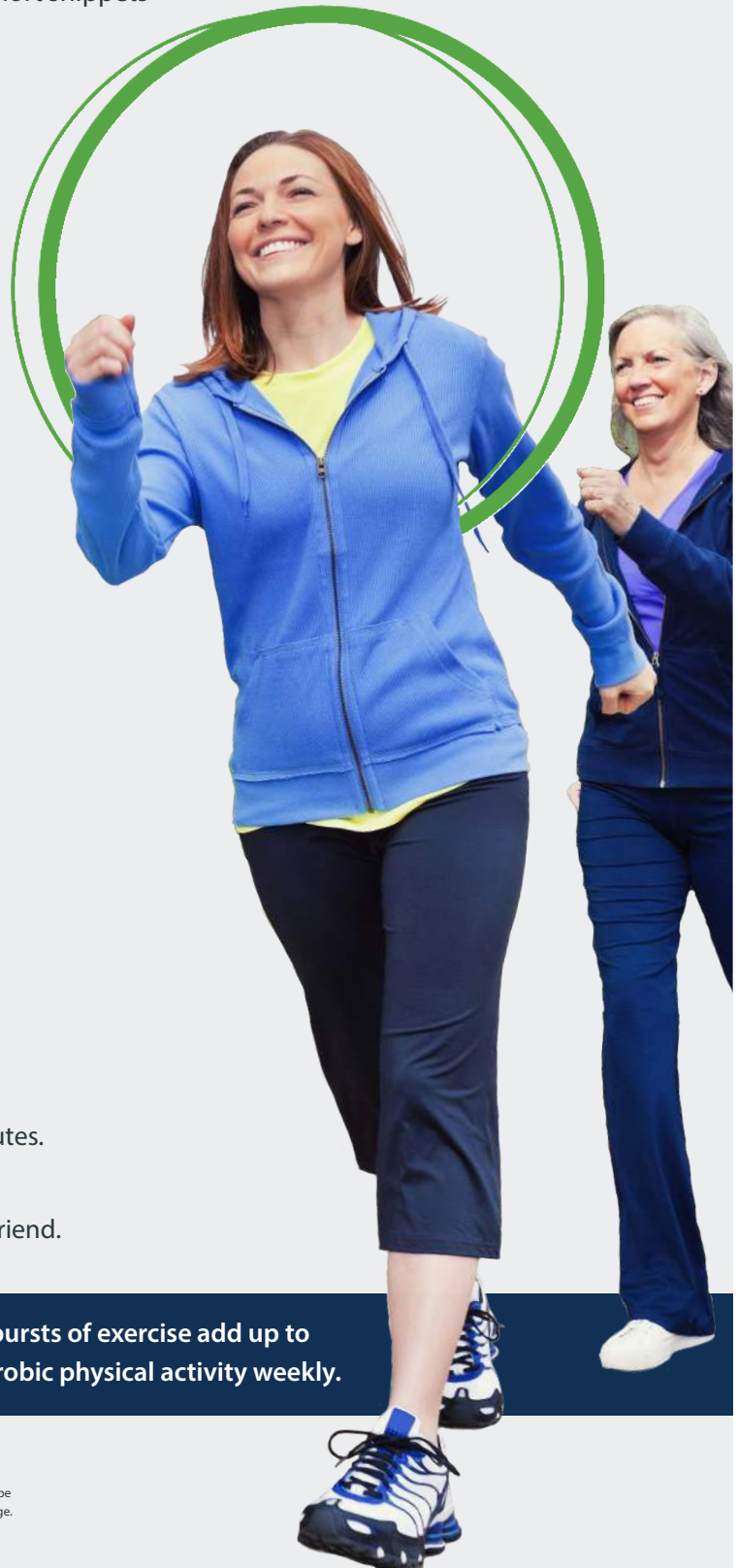


Short bursts of activity for busy folks

If working out at a moderate or vigorous intensity for 60 minutes doesn't fit into your schedule, try breaking up your activity into 10 to 15 minute sessions. Workouts with shorter bursts can help benefit your health. You can still get fit if you commit to short snippets of activity throughout the day.

Ideas for short bursts of activity

- **Engage in a high-intensity, short burst of activity**
Try race walking, a 10-minute run or 10 minutes on the exercise bike at a fast pace.
- **Get up earlier than usual**
Take a brisk walk around your neighborhood or get on your treadmill for 10 minutes before your day starts.
- **Plan active activities**
Go to local parks, the zoo or other places.
- **Park your car further from your destination**
Take a few laps around the store or your workplace before you begin to shop or work.
- **Take a 10-minute walk**
Use your work break.
- **Grab your baseball mitt or a basketball**
Head outdoors for 10 minutes of catch or hoops with your partner or your child.
- **Raise your heart rate**
Use housework or yard work to focus on raising your heart rate in 10-minute intervals.
- **Take the stairs every chance you get**
Skip the elevator.
- **Put on your favorite music and dance**
Have a dance party in your living room for at least 10 minutes.
- **Take the dog for a walk**
If you don't have one, borrow one from your neighbor or friend.



Every bit of exercise counts. The key is making sure your bursts of exercise add up to the recommended 150 minutes of moderately intense aerobic physical activity weekly.