

Take 10 and do it again



Fun ways to get moving in 10 minutes

Enjoying your physical activity program will help you stick with it for the long term. And, you don't have to put in long, grueling workout sessions at a gym to get fit. New research suggests that any activity which helps to get you moving—whether it's for three minutes or 30 minutes—can improve your health.

That's what **Take 10 and Do it Again** is all about.

These fun, 10-minute programs offer a variety of activities that you can do throughout your day. Just do one, or string them all together. You create your own program. Just remember to keep it fun.

Program 1: Dancing

Put on your favorite music and dance. Dance with your kids, your spouse, your friends or all alone. Dancing is a fun way to burn extra calories.

Program 2: Power walking

Do three minutes of light walking (about 3.0 on a treadmill), with your arms swinging naturally. For six minutes, alternate two-minute intervals of fast walking (4.0 on a treadmill with arms at 90 degrees) and one-minute intervals of easy walking. Finish by stretching your legs, especially your calves and hamstrings.

Program 3: Yard work and house work

Get out in your yard for 10 minutes and clean it up vigorously. Rake leaves, clean out gutters, move plants or sweep the porch or driveway. If you don't have a yard, wash windows in your condo or apartment.

Program 4: Play like a kid

Remember all the energy you had when you were a kid? Ride a bike, shoot baskets, jump rope, get on a pogo stick, play tag with your kids or your dog. If you have toddlers, spend just 10 minutes copying every movement they make.

Program 5: Step up

If you have access to stairs, use them as part of your workout. Hike up a flight of stairs, and then walk for two minutes. Continue for 10 minutes.

Program 6: Anything aerobic

Do something aerobic for 10 minutes. Walk, bike, jog, swim, jump rope or climb stairs—anything that uses the large muscles in a repetitive, rhythmic way.



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