



# Hustle for Better Health

**CHALLENGE**  
Improve your health with 10-minute workouts

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Hustle for Better Health."
2. Exercise at least 30 minutes a day on at least 22 days this month.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Chris Boyce lives a stone's throw from the 26.2-mile Boston Marathon route in Massachusetts. He may not be a hardcore marathon runner, but being active is always on his mind. He's the CEO for the tech-based wellness company Virgin Pulse. And he's busy.

There's company board meetings, market research, product development and media requests to deal with. Email, paperwork, business trips, and a massive team of employees to manage also takes up a lot of his time. Then there's the big-guy he reports to. You've probably heard of the billionaire Sir Richard Branson. And he's got a life outside the office, too.

So how does Boyce fit exercise into his busy schedule? He walks a lot during the workday. He takes the stairs. He fits in a run when he can. And he regularly challenges co-workers to try and keep up. Add it all up, and his fitness tracker says he covers an average of 14 miles a day. Not bad for being busy.

Think you're too busy to exercise? Think again. If a busy CEO can find time to exercise, so can you. Maybe you really don't have time for a trip to the gym, or a one-hour workout. But carve out 10 minutes at a time, and you can still reap the benefits of being active. Take the month-long health challenge to Hustle for Better Health.

How much do you know about the benefits of short exercise sessions? Take this quiz to find out.

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1.   To get in shape and stay in shape requires a major time commitment for exercise.
2.   Weight loss should be your most important goal of fitness and exercise.
3.   You should get at least 150 minutes of exercise a week for best health.
4.   Even a moderate amount of exercise can reduce the risk of heart disease, diabetes, high blood pressure, and obesity
5.   If you exercise in 10-minute segments a few times a day, you can still achieve the same benefits as one longer workout.

Check your answers below. If you answered any of these statements incorrectly, you could benefit from learning more about the benefits of short workouts. You might be busy, but that doesn't mean you don't have time for exercise. Even if you only have 10 minutes to spare, you can still exercise to burn fat and calories, and strengthen your heart, lungs, and muscles.

Answers: 1. False. 2. False. 3. True. 4. True. 5. True.

## The Benefits of Exercise

You don't have to run a marathon, walk 14 miles a day, or spend hours in the gym to reap the benefits of regular exercise. About 30 to 60 minutes a day is ideal. But it doesn't have to be done all at once. Exercise 10-minutes at a time, and you can still improve your health. And you can start at any age. Regular exercise can help:

- Control weight
- Reduce the risk for heart disease
- Prevent diabetes and control blood sugar levels
- Reduce the risk for certain types of cancers
- Strengthen bones and muscles
- Improve mood and mental health
- Prevent injuries and increase mobility
- Increase longevity

How much physical activity do adults need?  
<http://tinyurl.com/nplbnjn>

## Try These 10-Minute Workouts

With a little bit of creativity and planning, even the person with the busiest schedule can find time for exercise. Every little bit helps. Try these 10-minute workouts:

### Go for a walk

It's the easiest way to fit exercise into your schedule. Lace up your walking shoes and go for a 10-minute walk in your neighborhood, around the office, or a nearby park. Walk briskly.

### Use exercise equipment

If you have access to exercise equipment at home or at work (e.g., cycle, treadmill, elliptical machine, rowing machine, etc.), use it. Even a 10-minute hustle can have a positive impact on your health.

### Try the housework hustle

The next time you find yourself with a lot of work to do at home, try the housework hustle. Work as fast as you can to do the dishes, fold laundry and put it away, and vacuum. Or hustle when it's time to mow the lawn, dig in the garden, or wash your car. You'll elevate your heart rate, burn extra calories, and probably break a sweat. And you'll be amazed at what you can get done in 10 minutes.

### Practice speed walking and multi-tasking

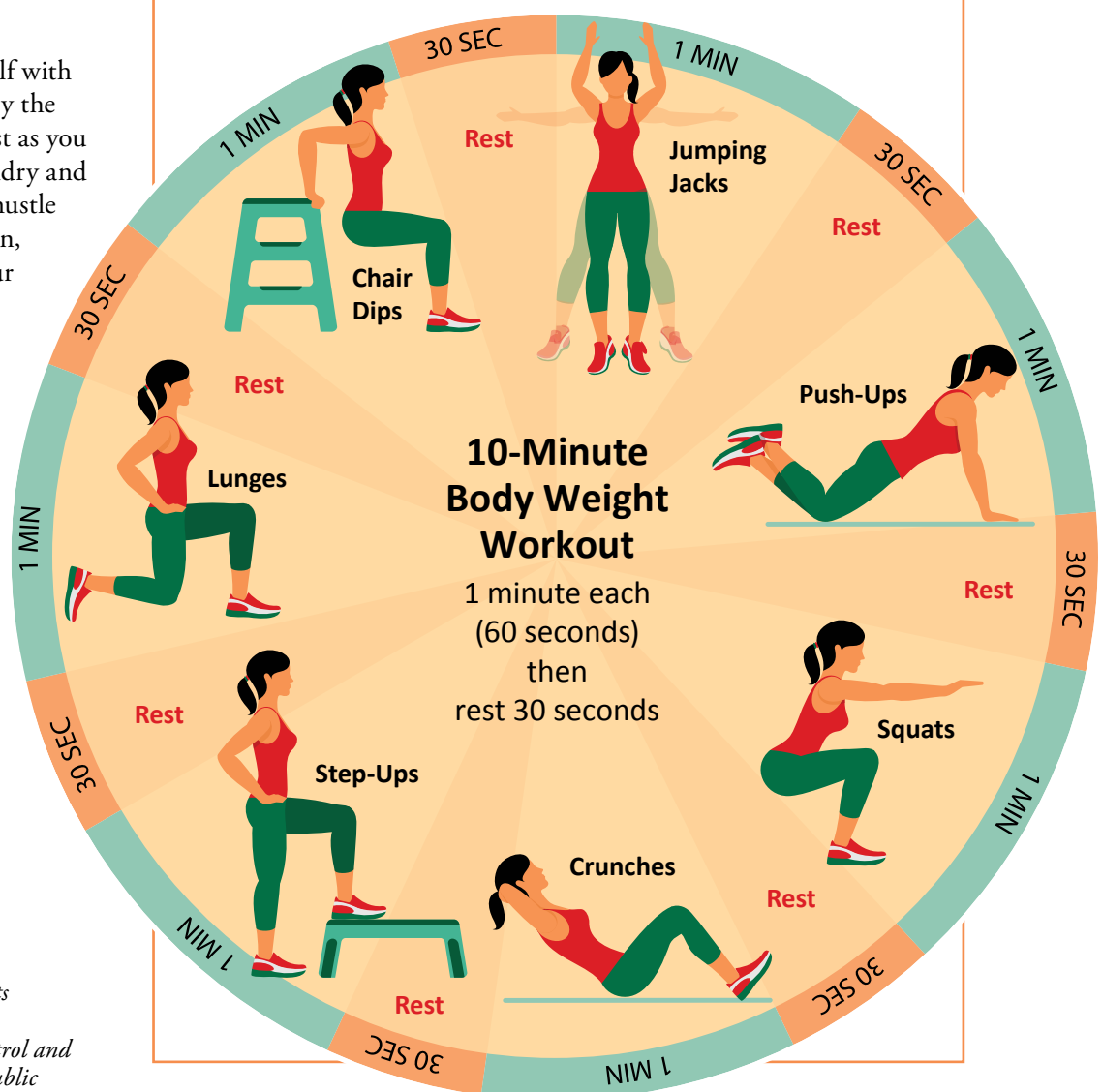
Grocery shopping, errands, soccer practice for the kids, or important phone calls can be a great time to exercise, too. Speed walk through the store, around the field or court during practice, or head outside to take an important call. Ten minutes of speed walking and multi-tasking is a great way to fit exercise into your schedule.

### Workout anytime, anywhere with bodyweight exercises

You don't need a personal trainer, gym membership, or expensive equipment to workout. Bodyweight exercises can help you stay in shape, too.

**Video:** 7-Minute Bodyweight Workout for Beginners  
<http://tinyurl.com/pjx4qla>

## Try This 10-Minute Bodyweight Workout



**Infographic:**  
9 health benefits of exercise  
<http://tinyurl.com/j46hwe7>

Sources: American College of Sports Medicine.; American Council on Exercise.; Centers for Disease Control and Prevention.; Harvard School of Public Health.; U.S. Department of Agriculture.

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**Instructions**

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you exercise at least 30 minutes a day.
3. Use the calendar to record the actions and choices you make to fit exercise into your schedule.
4. At the end of the month, total the number of days you exercised at least 30 minutes. You must do this on at least 22 days this month to complete this challenge.

MONTH: _____							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
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\_\_\_\_\_ Number of days this month I exercised at least 30 minutes

**Other wellness projects completed this month:**

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Name \_\_\_\_\_ Date \_\_\_\_\_