

BREAK DOWN THE BARRIERS

TIME TO MOVE – TAKE 10

Do You Struggle To Find Time For Exercise?

The thought of having to rearrange your schedule to fit something else into your day may seem overwhelming. What if you didn't have to disrupt your daily routine to make time for exercise? Research shows that short bursts of exercise can be just as effective as longer workouts in regards to weight loss, chronic disease prevention, and mortality. The Canadian Physical Activity Guidelines recommend a minimum of 150 minutes of physical activity per week. However you get to this total, whether it's with a couple of long episodes or multiple short bursts, the benefits remain the same (or perhaps even better!).

DID YOU KNOW?

Whether choosing three 10-minute sessions or one 30-minute session, when exercise quantity, frequency, and intensity are consistent, cardiovascular fitness can improve in as little as two weeks! The more frequent the exercise, the greater the benefit.



HOW DO YOU “TAKE TEN”?

If finding a few 10-minute intervals in your day still seems difficult, you may want to reflect on how you spend your time.

Are you spending it wisely?

Are you spending it on things that bring value to your life?

Are you spending your time efficiently?



Tracking your time can help you gain insight into how you spend your time and what you value. The simple awareness of how you spend the hours and minutes of the day can come as a shock. Mindless Facebook scrolling, online shopping, Netflix watching, stress eating, and daydreaming - these activities don't seem to add up to much until you begin to document it.

We've supplied a time tracking worksheet below. It may seem time-consuming, but the awareness and accountability it provides can help you structure your time more efficiently and focus on activities that you value – like health and fitness! The self-awareness it provides may have you building other healthy habits as well!



BREAK DOWN THE BARRIERS

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You've found the time! So, let's get to it. Here are three simple 10-minute workouts to get you started!

CARDIO CRUSH



Start with 30 seconds each with a 30-second rest in between. Progress to 40/20, then 50/10.

Jump Rope



Squat Jumps



Plank with Toe Taps



Mountain Climbers



Burpees with Push-ups



BODY BLASTER



Start with 30 seconds each with a 30-second rest in between. Progress to 40/20, then 50/10.

Mountain Climbers



Lunges



Knee Push-ups



Squat Jumps



Crunches



DESKERCISE



Start with 30 seconds each with a 30-second rest in between. Progress to 40/20, then 50/10.

Desk Push-ups



Chair Jacks



Bicep Curls

use water bottles or hand weights



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TIME TRACKER

Keep this worksheet near you at all times. Be honest and specific about your activities. It requires effort, but will give you a very detailed picture of how you spend time during your day. Print a copy for every day of the week for the most detailed and effective exercise.

TIME	ACTIVITY	VALUE	TIME	ACTIVITY	VALUE
6:00am			3:00pm		
6:15am			3:15pm		
6:30am			3:30pm		
6:45am			3:45pm		
7:00am			4:00pm		
7:15am			4:15pm		
7:30am			4:30pm		
7:45am			4:45pm		
8:00am			5:00pm		
8:15am			5:15pm		
8:30am			5:30pm		
8:45am			5:45pm		
9:00am			6:00pm		
9:15am			6:15pm		
9:30am			6:30pm		
9:45am			6:45pm		
10:00am			7:00pm		
10:15am			7:15pm		
10:30am			7:30pm		
10:45am			7:45pm		
11:00am			8:00pm		
11:15am			8:15pm		
11:30am			8:30pm		
11:45am			8:45pm		
12:00pm			9:00pm		
12:15pm			9:15pm		
12:30pm			9:30pm		
12:45pm			9:45pm		
1:00pm			10:00pm		
1:15pm			10:15pm		
1:30pm			10:30pm		
1:45pm			10:45pm		
2:00pm			11:00pm		
2:15pm			11:15pm		
2:30pm			11:30pm		
2:45pm			11:45pm		

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