



# Get Fit Faster

## CHALLENGE

Improve your fitness level with shorter workouts

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Get Fit Faster."
2. Create a plan to exercise up to 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Australian actress Rebel Wilson took a look at the calendar last year, her work schedule, and plans for the future, she realized her 40th birthday wasn't far off.

You know...the Rebel Wilson known for making

people laugh in movies like *Pitch Perfect*, *Night at the Museum*, *Bridesmaids*, and many others.

Taking a look ahead got her thinking about her health, longevity, and the number on the scale.

She wanted things to look a little different. So she decided to do something about it. She got her mind wrapped around making some important changes. She learned to make better food choices.

Then she changed her exercise habits. Wondering what she did? It wasn't soul-crushing cardio sessions, two-hour gym workouts, or grueling bodybuilder-style training.

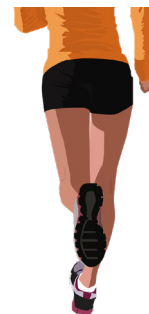
Instead, she focused on shorter workouts to burn fat, increase heart rate, build lean muscle, and get fit without spending hours in the gym. Her exercise activities included lots of walking, bodyweight exercises, and strength training.

And it worked. She lost 65 pounds over a year. But more importantly, she improved her health to feel better and live longer.

If you're looking for an easier way to make exercise part of your daily routine, you're in the right place. Shorter workouts can help you get in shape and stay in shape. Take the month-long health challenge to Get Fit Faster.

## Fast-Track to Fitness: Take the Get-Fit Faster Quiz

Can shorter workouts really help you get fit faster? Take the quiz to find out.



- |    | T                        | F  |
|----|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> You need to spend hours in the gym or working out every day to get in shape and stay in shape.              |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> You can burn the same amount of calories in a well-planned short workout as a long cardio workout.          |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> You should get 30 to 60 minutes of exercise a day for best health.  |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> Even a little exercise can help reduce the risk of chronic diseases.  |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> Exercising in 10-minute blocks, three times a day, provides the same health benefits as one longer workout. |

How did you do? Short workouts can help you get fit faster. Even if you're short on time, you can still exercise to burn fat and calories, and strengthen your heart, lungs, and muscles.<sup>1</sup>

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

## Study: The Surprising Truth About Shorter Workouts

Can you really get fit with shorter workouts?

That's what a team of Canadian researchers wanted to find out.<sup>2</sup>

- They put a group of men through six short exercise sessions.
- In each session, the men pedaled a stationary bike fast for 60 seconds, followed by about a minute of rest.
- And they repeated the pedal-hard-and-rest routine 8 to 12 times per session.

**The results:** The shorter exercise sessions helped improve fitness levels in half the time or less compared to a typical 60-minute workout.

"Doing 10 one-minute sprints on a standard stationary bike with about one minute of rest in between, three times a week, works," says researcher Martin Gibala.

**Shorter workouts** are as effective at improving body composition and heart health as many hours of long-distance biking at a less strenuous pace. And you can start at any age.

8 advantages of bodyweight exercise  
<https://tinyurl.com/2p9bkmmk>

## 3 Easy Ways to Get Fit Faster



Want to be more active to improve your health, but not sure how to fit exercise into your schedule? Shorter workouts will help you reach your goal.

It's not complicated. All you need to do is pick an activity where you can exercise in short bursts, rest a little, and repeat. Here are three easy ways to get fit faster:

### 1 Walk this way

Go for a walk in your neighborhood, the store, the park, or in the mall. Take a couple minutes to warm up. Then walk as fast as you can for 1 to 2 minutes.<sup>4</sup> You should still be able to have a conversation, but you'll be breathing heavier. Slow down for 1 to 2 minutes. Repeat, until you've completed your walk.

### 2 Jet to the gym

Jet to the gym You don't have to go to the gym to get fit with HIIT, but you can. In fact, you can use just about every piece of equipment to exercise in short bursts. Try the treadmill, cycle, elliptical trainer, or rowing machine. Warm up. Hustle for 1 to 2 minutes. Rest for the same amount of time. Repeat.<sup>5</sup> You could do this with exercise machines and light weights, too. Or take a fitness class and follow along.

### 3 Anytime, anywhere

Excuses be gone. Shorter workouts make it easy to exercise anytime, anywhere, too.<sup>6</sup> Your living room, hotel, office, garage, or backyard will work just fine.

**Pick one or more bodyweight exercises like:**

- Jumping jacks
- Push-ups
- Lunges
- Curl-Ups
- Squats
- Plank

## 8 Health Benefits of Shorter Workouts



The most common excuse for not getting enough exercise: "I don't have time." You've heard that one before, right?

Say goodbye to the short-on-time excuse. If you don't have 30 to 60 minutes to work out, even 10 minutes can make a difference. But saving time isn't the only benefit to getting fit with shorter workouts.

**Research shows that shorter workouts can help:<sup>3</sup>**

1. Improve body composition
2. Strengthen joints and muscles
3. Boost cardiovascular endurance
4. Improve mobility and balance
5. Reduce depression
6. Lower blood pressure
7. Control blood sugar levels
8. Improve brain function, and more.

Trending:  
Shorter workouts  
(or HIIT exercise) are  
the #7 fitness trend  
for 2022.  
<https://tinyurl.com/4r6v488p>

Warm up, then perform the exercise for 1 to 2 minutes. Rest 1 to 2 minutes. Repeat.

**Ready to get in shape and improve your health, but short on time?**

No problem. Shorter workouts will help you get fit faster. Start easy, and gradually increase activity level, intensity, and exercise time.

Guidelines for  
short + effective  
workouts  
<http://tinyurl.com/jpfml2f>

### References

1. Sabag, A., et al. (2021). Low-volume high-intensity interval training for cardiometabolic health. *Journal of Physiology*. From: <https://tinyurl.com/bdzeeafj>
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6. Harvard University. (2022). The advantages of bodyweight exercises. Harvard Health Publishing. From: <https://tinyurl.com/2p9bkmkm>



# Get Fit Faster

**CHALLENGE**  
 Improve your fitness level with shorter workouts

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to exercise up to 30 minutes a day.
3. Use the calendar to record your actions and choices to exercise daily.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

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. _____	
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 for 10+ minutes  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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