

10/10/10: Exercise Adds Up

When it comes to exercise, every little bit counts. Many exercise and health specialists will tell you some movement is better than no movement.

For many people, time is a barrier to getting exercise. At least they say time is the reason they don't exercise.

Research shows you should aim for at least 150 minutes of physical activity every week. Oy. Sneaky Pete, that caveman in your brain, will tell you that's too much of a commitment.

Well, you can tell Pete that if you break those 150 minutes into small chunks throughout your day and week, it will give you the same—if not better—benefits as working through it in longer bouts.

Think of it this way: 10/10/10. This experiment has been done multiple times in multiple ways. Here's the gist of it: Two groups of exercisers worked out for 30 minutes. One group did 30 minutes consecutively, while the other group did 10 minutes in the morning, 10 minutes midday, and 10 minutes later in the day. At the end of the experiment, both groups made the same gains in fitness. There was no difference!

Exercising for 10 minutes three times a day is much more doable for most people than one 30-minute session. If you're at work, you could walk or jog during a break (and how sweaty are you really going to get in 10 minutes?). Or you could commute by bike instead of car. Outside of work, you could kickbox, fence, swim—you name it. Use your imagination. The key is simply doing something to get exercise. As you exercise throughout the day, you boost your metabolism and energy, all while hitting the reset button on stress.

The more you find ways to fit (more) movement into your day, the more empowered you'll feel.

Do 10 minutes three times a day. That's a time commitment even Sneaky Pete can get behind.