

# WELLNESS

## AT HOME, WORK, & BEYOND



### CRUNCHED FOR TIME? TRY MINI WORKOUTS!

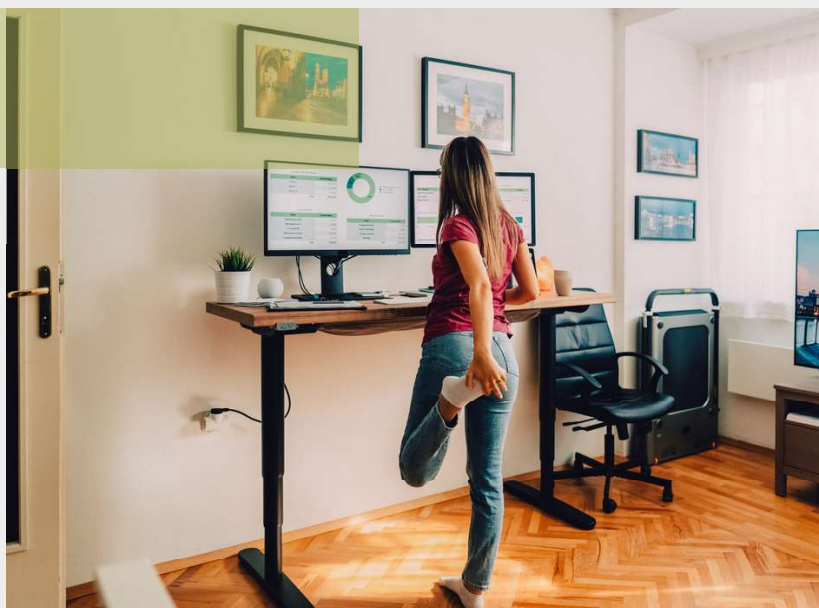
If you're looking for a way to fit exercise into your day but struggle to find a 30–45-minute block of time, consider mini workouts. These shorter sessions take the place of one longer workout by breaking up a continuous routine into several smaller ones.

You may wonder whether multiple mini workouts are just as beneficial as one lone session, and the answer is: YES! Studies show you don't have to get all your exercise at once for it to make a big difference in your life. Moving throughout the day is just as effective.



### How much exercise do I need a day?

According to the Centers for Disease Control and Prevention (CDC) and its Physical Activity Guidelines for Americans, adults should aim for a minimum of 150 minutes of moderate intensity aerobic exercise – or 75 minutes of vigorous intensity aerobic exercise – weekly. The CDC also stresses the importance of strength training at least 2 days per week. These sessions should focus on total-body workouts targeting the major muscle groups. To meet these guidelines, many people follow a fitness routine that includes one longer workout session per day. However, you can also break up a longer session into several mini workouts to achieve the same benefits and get the recommended number of minutes.



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## BENEFITS OF MINI WORKOUTS

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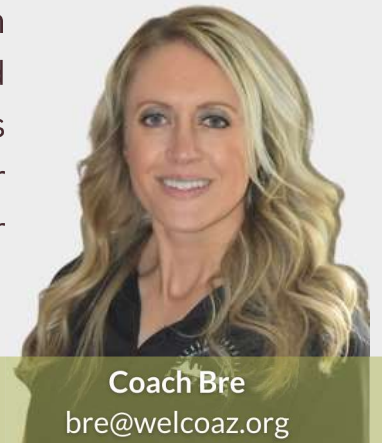
Performing bite-size workouts throughout the day can make it easier to adhere to an exercise program and experience the many benefits of regular exercise.

**Improve your overall wellbeing.** Multiple studies have shown that accumulating exercise in short bouts of at least 10 minutes of activity over the course of the day produces similar effects on a range of health-related outcomes, compared with performing the same exercise in one continuous bout.

**Easier to fit into your day.** Glenn Gaesser, PhD, professor of exercise physiology at Arizona State University, says the number one reason for not exercising regularly is a perceived lack of time. “This is because most people think of exercise as something that requires a lot of effort, time, and a change of clothing. Mini workouts throughout the day may appeal to people who just don’t have the time or inclination for one big workout,” he says. Research has shown that accumulating physical activity throughout the day is just as effective for improving health and fitness as doing one workout, provided that an equal amount of time is devoted to each.

**May improve exercise adherence.** Committing to an exercise program over time requires patience, persistence, and a whole lot of motivation. Unfortunately, many people stop working out before they even get a chance to reap the benefits of exercise. The good news is shorter sessions throughout the day may make it easier to stick to a routine. An older study found that multiple short bouts of activity — around 10 minutes each — are at least as effective at facilitating exercise adherence and weight loss as a single long bout.

**Make it easier to exercise at higher intensities.** Cranking out a high intensity for a long time is not an easy feat — even for seasoned athletes. That’s why shorter exercise sessions appeal to fitness fans of all levels. Decreasing the time allows you to exercise at higher intensities that are not easily or comfortably sustained for longer periods of time.



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### Spice of the Month - Cardamom

Cardamom can be used to treat bad breath and improve oral health is an ancient remedy. In some cultures, it’s common to freshen your breath by eating entire cardamom pods after a meal. Even the chewing gum manufacturer Wrigley uses the spice in one of its products. The reason why cardamom can lead to minty fresh breath may have to do with its ability to fight common mouth bacteria.

### HEALTH COACHING

Schedule your appointment with Coach Bre at [bre@welcoaz.org](mailto:bre@welcoaz.org)