

# 10-minute workouts: *do they work?*



When it comes to exercise, any amount is better than none. The National Institutes of Health recommends at least 30 minutes a day most days of the week. But, this amount is hard for many people to fit into their day. What if you could get healthier with less exercise? Some research suggests that even a few minutes of exercise each day is helpful.

A study published in the Journal of the American Medical Association says just 72 minutes of exercise a week improves fitness and health. This is just over 10 minutes a day. They found that people who did this amount were healthier after six months than those who didn't exercise at all.

Obviously, the more exercise you can do, the better. But, if you're short on time, you can still get healthier with the time you have. Try to set aside 10 minutes a day for fitness. You may find that it boosts your energy levels, helps you sleep better, and makes you feel healthier.



### **Get started today with your 10-minute workout:**

- **Ask your doctor.** Before you start any exercise program, talk to your doctor. There may be certain exercises that aren't right for you.
- **Make it count.** If you're only going to exercise for 10 minutes, try to make it a harder workout, but still within your fitness level. Don't overdo it but be sure to increase your heart rate.

- **Do it often.** Do your 10-minute workout as frequently as you can to help boost your fitness level.
- **Alternate muscle groups.** Work leg muscles one day and arm muscles the next day. This gives your muscle groups time to rest between workouts.

Don't get discouraged if you're not exercising 30 minutes a day. Just make exercise a part of your life in a way that fits your schedule!

# 6 benefits of drinking water

Your body needs water for nearly every function. But, many people aren't getting enough. While fluids from other drinks and even some foods can help hydrate you, drinking plain water has some advantages. It's calorie-free, doesn't cause cavities and doesn't cost anything. Start filling up a reusable water bottle today and take advantage of these water perks:

## HEADACHE PREVENTION:

Dehydration can cause a severe headache. If you drink water throughout the day, you can avoid this.

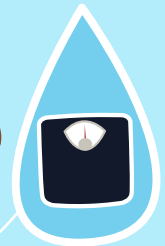


## HEALTHIER SKIN:

Staying hydrated helps your skin stay hydrated, too. This can make skin feel healthier.

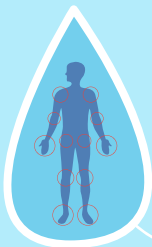


**BETTER WORKOUT:** Water is needed for proper energy levels and muscle function. Drink enough before and after workouts to avoid dehydration and sluggishness.



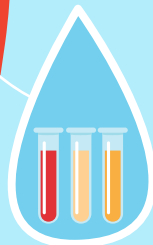
## HEALTHY WEIGHT:

Drinking water instead of soda or sugary drinks can save you hundreds of extra calories and help get to, or stay at, a healthy weight.



**JOINT PAIN RELIEF:** Dehydration can cause achy bones and joints. Water is needed to keep joints lubricated and healthy.

Talk with your doctor about how much water you should drink each day. People with end stage kidney disease, heart failure or certain other conditions may need to limit their fluids.



**HEALTHIER KIDNEYS AND BLADDER:** Drinking enough water helps prevent kidney stones and urinary tract infections.