

EXERCISE

**GO AHEAD,
BE SNEAKY!**



150 minutes. That's it – that's all the exercise you need a week to stay healthy. But why is it so hard to find the time to stay active?

Most people think they have to exercise 30 minutes at a time and that may seem overwhelming.

The good news is you can break your activity into as little as 10-minute bursts and still get the same benefits, just make sure to keep your effort at a moderate or vigorous level.

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See the other side for ways to burn calories and stay healthy. ►



10-Minute Ideas to Sneak in Exercise

When you think about it, staying healthy requires little regular exercise. Just 150 minutes a week for most adults will do the trick. But despite what you may be thinking – those minutes don't have to happen in the gym (though a fitness center provides a great way to focus on getting that time in).

Here is a list of ways to sneak that activity into your day:

Activity	🕒 Calories Burned in 10 Minutes
Gardening	🕒 45 calories
Line dancing	🕒 51 calories
Walk your dog	🕒 37 calories
Walk briskly	🕒 43 calories
Lift weights	🕒 34 calories
Yoga	🕒 28 calories
Play basketball	🕒 91 calories
Bowling	🕒 34 calories
Fishing	🕒 34 calories
Jet-skiing	🕒 79 calories
Rake leaves	🕒 45 calories
Swim laps	🕒 79 calories
Hiking	🕒 83 calories
Wii boxing	🕒 61 calories

Sources: National Institute of Health, Centers for Disease Control and Prevention, MyFitnessPal

* Calorie estimates are based on a 150-lb. person doing the activity for 10 minutes.

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