

It's All About Balance: Eat Smart, Move More, Rest Well

4 Fun Ways to Get Fit 10 Minutes at a Time

Enjoy 10-minute aerobic activities.

One easy way to get 10 minutes of aerobic activity is to always have a comfortable pair of shoes nearby. This way you are ready to walk around the building where you work, the mall or the neighborhood whenever you have a few extra minutes. You don't like walking? How about dancing to a few of your favorite tunes? Take 10 to rock around your house while vacuuming. Twirl around with a child—they usually like being silly to music!



Enjoy 10-minute strength activities.

Do you think that a gym filled with machines and huge weight lifters is the only way to build muscle strength? Think again. To make strength activities easier, keep a small pair of hand weights (5 to 10 pounds) near the telephone at work or home. This way you can strengthen your upper body while you are talking on the phone. A set of resistance bands also makes strength activities convenient at home, at work or on the road.

Enjoy 10-minute stretching activities.

Yoga is another activity that does not need a special time or place. You can stretch from the convenience of your chair. You can reduce stress and prevent repetitive injuries like carpal tunnel syndrome. **My Daily Yoga** (www.willharris.com/yogaindex.html) has free online demos of easy-to-do yoga. This is perfect for a 10 minute stretch break anytime, anywhere you have a computer. There is no pain and always plenty to gain from a serious stretch.

Enjoy 10-minute balance activities.

Many yoga moves, as well as Pilates and Tai Chi, help work the core muscles in the back, belly and pelvis. These give you stability for everyday balance. A low-cost stability ball (a.k.a. Swiss or Swedish therapy ball) is a fun way to add balance, stretching and strength activities to your down time. Keep one in front of your TV. You can turn couch potato time into a fitness opportunity. Most balls come with simple instructions and tips for safe use.

Need more reasons to add 10 minutes of activity to your day? Did you know that it could help brain function, improve memory, and possibly reduce depression and anxiety? In his book, *Spark: The Revolutionary New Science of Exercise and the Brain*, John Ratey explains how regular doses of physical activity may benefit your brain as much as your body. For more information, go to <http://johnratey.typepad.com/>.



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