

Fitness Tip for January 2023

10 Minute Exercise Works!

Surprising Benefits to Short Workouts

1. **Boost Your Mood + Brainpower**
2. **Protect Your Joints**
3. **Build Strength**
4. **Lower Blood Pressure**
5. **Manage Your Weight**
6. **Reduce Stress**
7. **Sleep Better at Night**



9 simple 10-minute workouts to try at home or on the go:

1. **Get Up and Go:** A good beginners' activity, this 10-min workout involves marching on the spot for one minute then doing a range of arm and leg movements to stretch your muscles and get them moving.
2. **The Energiser:** Great if you are already out in the park – do some low lunges as you walk and try 'crab stepping' to one side and the other, making sure to keep your head up and a good posture throughout.
3. **The Easy Cardio Circuit:** After a short warm up, start with some jumping jacks, march on the spot then do leg squats to give your heart and blood vessels a kick-start into action.
4. **The TV workout:** Useful for boring ad breaks or rainy evenings in! Doing this 10 minute workout at home requires you to balance on one leg while keeping a straight back, hold your arms out stretched while sitting upright on the edge of your seat and finish by stretching your hip and back using upper body strength.
5. **The Intense Cardio Circuit:** Once you have warmed up, use a step or bench around 10 inches high to do step ups and squat jumps. Increase your pace as you go and aim to keep going for 2 minutes at a time. Follow this with on the spot skipping and press-ups.
6. **Strength and Cardio Circuit:** This 10-minute workout routine is particularly good for people wanting to work on their muscle tone – it involves step-ups, lunges and squats. Make it harder by keeping your arms out stretched as you go.
7. **The Running and Walking Strength Circuit:** Useful for adding a bit of extra challenge to your normal walk or run, do step-ups and 'press and leg pull' exercises on a bench or low wall. Repeat with 2 minutes walking in between each stage.
8. **The Interval Session:** A more challenging routine to try once you have warmed up for at least 5 minutes. This involves squats done at increasing levels of difficulty, interspersed with moments of rest.
9. **The Stair Climbing Workout:** Use your home stairs as a gym by going up and down 3-5 times slowly then repeating at increasing speed until you are moving as fast as you can. Just take care not to fall as you go!