

## *How much exercise* should you actually be getting?

Well, the more you move, the better you live. When we look at the alternative, even a few minutes is better than none at all.

A gym membership might cost you a few bucks a month, but inactivity contributes to around \$117 billion in annual health care costs. That's crazy! Sedentary behavior is linked to type 2 diabetes, cardiovascular disease, certain types of cancer and the 4<sup>th</sup> leading risk factor all-cause mortality. That means that approximately 6% of people globally due to the lack of physical activity.

Exercise doesn't have to mean going for a 3-mile run or to the gym to lift weights. Any activity counts. The goal is to avoid sitting for prolonged periods. Let go of the idea that it needs to be an hour at the gym or catching a spinning class. It doesn't! There are great benefits from all activities for any amount of time: it all adds up.

We know it's good for us, so why don't we do it more?

The proven benefits of exercise are endless. Most people already know that mountains of research show that regular physical activity improves every aspect of our health: it decreases cardiovascular risk, manages stress, improves mood, delays dementia, eases chronic pain, and on and on.

Some people are committed to fitness and get more than enough exercise. That's GREAT, but most are not. One of the biggest barriers to regular physical activity is that it can be difficult to figure out how to "make" exercise happen.

Any amount of exercise improves your quality of life. It's important to overcome the number-one excuse for not exercising: "I don't have time."

Let me break it down for you.

It is recommended to get 150-300 minutes weekly of moderate to vigorous intense exercise. That may seem like a lot, but when you break it down, that's a minimum of 21 minutes a day. Even breaking that down into two 10-minute increments counts!

It's also recommended that strength training is incorporated 2 -3 days per week. But you don't need a bunch of dumbbells to get stronger. Some of the hardest exercise are done with your own body weight. Think pushups are easy – elevate your feet. Squats are too basic – try single leg. If you're not up for bodyweight moves, grab some resistance bands. They are a great workout with tons of options to keep things interesting. Balance training is also recommended along with flexibility and some relaxation type activities to keep your routine well rounded.

If that still feels a little overwhelming, start small. Try to fit two 10-minute activity breaks into your day. And the best way to make time for exercise is to have a written plan. Decide on the best time for exercise in your schedule and actually enter it into your computer or cell-phone calendar as a repeat event. This way it shows up daily and there's less chance of you scheduling something during that time. Also, when you check your schedule in the morning, you'll see it there and form a mental picture of when and how you'll be exercising that day, which helps you stay motivated.

Anytime you catch yourself thinking, "I am too busy to work out," rephrase the thought in more positive, empowering terms, such as, "I choose to make myself a priority." Or, "I do have time to be healthy." Or, "I am willing to do something active today." Over time, those positive thought patterns will elbow out the negative ones, helping you to see your available choices more clearly.



## Upcoming Events



Meal Prep 101 (\$25)

Monday, June 3<sup>rd</sup> @ 6:30pm

Elite Yoga Studio



Meal Prep Party (\$100)

Sunday, June 10<sup>th</sup> @ 4pm

751 Riverbend Road

“THE MOST IMPORTANT RELATIONSHIP YOU CAN HAVE IS THE ONE YOU HAVE WITH YOURSELF. IT SETS THE TONE FOR EVERY OTHER RELATIONSHIP IN YOUR LIFE.”

Ladies Mini Retreat (\$50)

Saturday, June 22<sup>nd</sup> @ noon

Elite Yoga Studio

For more information go to:  
[Beyondpersonaltraining.org](http://Beyondpersonaltraining.org) or  
contact [bmurphy@far.midco.net](mailto:bmurphy@far.midco.net)

# Workout of the Week



## Inchworm

Stand up tall with the legs straight and let those fingertips hit the floor. Keeping the legs straight (but not locked!), slowly lower the torso toward the floor, and then walk the hands forward. Once in a push-up position, start taking tiny steps so the feet meet the hands and then repeat.

## Mountain Climber

Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward, then repeat.



## Plank-to-Push-Up

Starting in a plank position, place down one hand at a time to lift up into a push-up position, with the back straight and the core engaged. Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.

## Wall Sit

Slowly slide your back down a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight. Go for 30-60 seconds at a time.



## Lunge

Stand with the hands on the hips and feet hip-width apart. Step your right leg backwards and slowly lower body until right (back) knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat on the other side.

## Single Leg Deadlift

Start in a standing position with the feet together. Lift the right leg slightly and lower the arms and torso while raising the right leg behind the body. Keep the left knee slightly bent and reach the arms as close to the floor as possible while keeping the back flat. Raise the torso while lowering the right leg. Switch legs.



## Flutter Kick

Start lying on your back with arms at your sides and palms facing down. With legs extended, lift the heels off the floor (about six inches). Make quick, small up-and-down pulses with the legs, while keeping the core engaged. Try to keep kicking for 30-60 seconds.



## Side Plank

Lie on your side and come up on one foot and elbow. Make sure the hips are lifted and the core is engaged and hold for 30-60 seconds.



## Glute Bridge

Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift the hips off the floor by squeezing the glutes and hamstrings. Lift as high as you can without pressing through the back.



## Bicycle

Lie down with knees bent and hands behind the head. With the knees in toward the chest, bring the right shoulder towards the left thigh as the right leg straightens. Continue alternating sides



**Do a set of 10 repetitions (or 30-60seconds) for each exercise**