

Every Minute Counts

Every minute of physical activity burns calories, and therefore every minute of exercise counts for something! If you were to get up and go for a brisk five-minute walk right now, your body would burn a few extra calories, improve blood flow and the delivery of oxygen and nutrients, and you would feel invigorated and refreshed.

Don't be misled—you're not going to lose a bunch of weight or see drastic changes in your health by working out for five minutes a day, but you will start to feel the power of exercise and want to do more with each passing day:

- Walk up and down a flight of stairs for five minutes
- Walk vigorously to a restroom at the other end of the building
- Park around the block and walk an extra five minutes to your destination.
- March in place or walk on a treadmill while you watch TV
- Step up and down on one of your stairs
- Do a strength-training exercise: push-ups, crunches, squats, or lunges
- Dance around the house
- Play an active game with your kids or grandkids

Information taken from *Tip-A-Day Guide for Healthy Living*, by Melanie Douglass, RD.