



## It all counts: The benefits of mini workouts

### It's hard to make time for a regular workout.

You may have to travel to a gym or community center. If classes are your thing, you have to work around the schedule. Simple bike rides, walks or jogs around your neighborhood require an allowance of time. Even minutes spent on travel and changing into your gear add up. Perhaps you "make time" by getting up early or sacrificing precious minutes with your family for your fitness. But it can feel like a losing proposition.

Physical movement improves your health, so choosing any regular activity will do you good. But you don't have to spend hours doing it.

**33%**  
Adults

**80%**  
Teens

**Do not meet  
recommended  
exercise  
guidelines<sup>1</sup>**



**In fact, just 10 minutes of activity here and there can help improve your health and add life to your years. Consider:**

**Walking** either outside or on a treadmill. Pump up your results by wearing wrist weights or carrying water bottles in each hand while you walk.

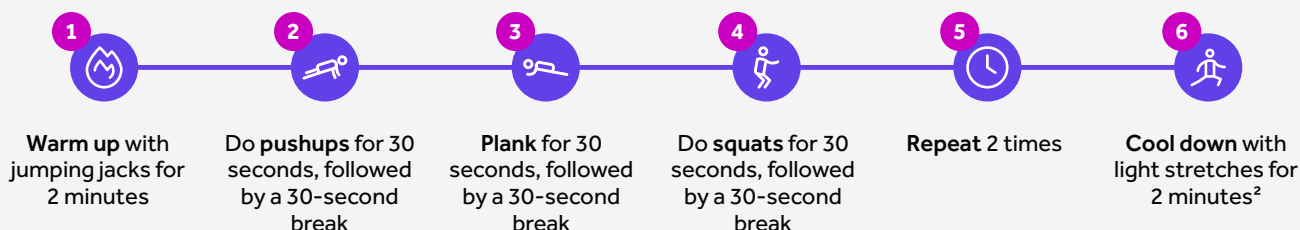
**Dancing** is one of the easiest quick hits of fitness. Put on a mix that pumps you up, and after three songs, you're done. Remember, the higher you lift your legs and arms, the more effective your workout will be.

**Body weight circuits** can work your full body, resulting in improvement in strength and cardiovascular fitness with no equipment necessary. Do 10-25 pushups, a minute of marching in place, 25-40 squats and then plank for a count of 20. Do this three to four times, and your 10 minutes are up.

**HIIT (high-intensity interval training)** uses short bursts of intense effort combined with periods of rest.<sup>1</sup>



### Try this HIIT series for a quick workout:



**Remember, all movement is good for you.  
Mini workouts prove that sometimes less can be more.**

*Before starting any new exercise routine, talk to your doctor to make sure it's safe.*

Learn how Livongo can help support you on your wellness journey.  
To sign up or learn more, go to [Go.Livongo.com](https://Go.Livongo.com).

<sup>1</sup><https://pmc.ncbi.nlm.nih.gov/articles/PMC8294064/#sec2-ijerph-18-07201>

<sup>2</sup><https://healthy.kaiserpermanente.org/health-wellness/healtharticle.10-minute-hiit-workouts>