

VitaMin



Vital health information in a minute

Break up your day with exercise bursts

Spending less time sitting is good for your heart and your health.¹ But how can you fit exercise into a busy day? If you only have a few minutes here and there, try these.



Get up for a glass of water.



Stand up and stretch, close your eyes and take a few deep breaths.



Do a mini-exercise session with a quick list of moves. Try push-ups, planks, running in place, squats or side-to-side hops.



Walk at a brisk pace to get your heart rate up.



Plug into a 30-minute workout app or exercise video.



Make a delicious dinner with this recipe for [Mustard-Glazed Chicken with Roasted Vegetables](#). Then instead of planting yourself on the couch, go for an after-dinner walk.

Source:

1. American Heart Association. "News release: Sitting too much may raise heart disease risk." August 15, 2016. <http://news.heart.org/sitting-too-much-may-raise-heart-disease-risk/>

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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