

# Three time-saving exercises to increase your daily movement

Mia Enright, Wellness advisor

As a certified wellness coach, licensed community health worker and fitness instructor, I spend my days helping others get started on the path to better health. In life, there are so many things we can't control—but daily movement is in your hands.

Finding time is often the biggest challenge for many of us when it comes to exercise. But my motto is: "Some movement is better than none." If 10 minutes is all you have, move for 10 minutes now and maybe 10 minutes again later—it all adds up. In fact, just 10 minutes of movement three times a day for five days throughout the week can have a positive impact on your health.

Whether you have ten minutes or an hour, you can make your workouts more time efficient by choosing movement that works multiple parts of the body—including these three time-saving exercises.

## 1. Planks

The plank not only works your entire core, but also your arms and legs.

Try holding a plank position either on your toes or knees for a minimum of 10 seconds and work your way up to 30–45 seconds—doing a few sets each time. If you're doing a plank on your knees, be sure to walk your knees back a bit so you can lengthen your torso. You should feel your abs engaged.

*Alternate:* If doing floor exercises is a challenge for you, you can also try doing planks leaning against a wall



or chair. Whichever way you choose, try to keep your core strong by not letting it collapse or sink inwards.

## 2. Squats

Squats are a great way to build strength in your legs and engage the core.

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Because the thigh muscles are one of the larger muscle groups, doing squats can help raise your metabolism. Doing a few sets of 15-20 reps are a perfect way to round out a workout. Be sure to keep your knees behind your toes when you are lowering yourself down to the squat position and press back up with the weight shifted into your heels.

*Alternate:* If balance is an issue, you can opt for wall squats by keeping your back against a wall or use the back of a chair to hold onto.

### 3. Jumping jacks

Who doesn't love a good jumping jack? This old grade school gym exercise can help you get your heart rate up quickly, so it is a great exercise to make part of an interval workout. Doing sets of 15-20 reps in between resistance training exercises is a perfect way to get a blended cardio and weight workout.

*Alternate:* You can modify this move in many ways to fit your needs. If you're going for lower impact, you can slow the pace down to a half pace or alternate your legs and arms instead of using both arms and legs at the same time.

### Take your next step

Incorporating these moves or other multi-muscle exercises will help streamline your workout. While there is not a one-size-fits-all when it comes to workouts, everyone can find movement that fits their schedule, feels good and enhances their life. The overall goal is getting more activity into your daily life ... how you do it is up to you!

### Need help getting started?

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