Minute by Minute

It can be pretty tough to find any time in the day to get in a full exercise session. If you don’t have the time, why not try squeezing one of these activities into your busy schedule?

If you have 5 minutes
Take a deep breath and stretch! Stand up to get your blood flowing, and take a moment to reset your posture.

If you’ve been sitting all day, focus on your neck, shoulders, and back to relieve some tension.

If you have 15 minutes
Some experts say you should need at least 10 minutes of moderate to vigorous activity for it to have an effect. So go for a brisk walk around the block, and throw in some stairs for extra intensity!

If you have 30 minutes
Half an hour is enough time to go for a short jog or complete a set of bodyweight exercises. There are a lot of resources online (like magazine websites) that provide 20-minute bodyweight workouts, which can be done anywhere and gives you enough time for a warm-up and cool-down as well.

Tip: If you’re working out during your lunch hour, eat after your workout, not before.

Images: http://www.chicagonow.com/katalin-fitness-health-driven/2012/04/7-yoga-poses-for-the-office/#image/1
http://planning.ubc.ca/vancouver/transportation-planning/transportation-options/walking
http://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere