Tight on Time?

Who isn't, but you can still get fit on a hectic schedule.

February 28, 2013 By Kate Ferguson

Although fitness fads come and go, the benefits of exercise remain an undisputed truth. What's more, experts suggest that people engage in two types of physical activity each week to improve their health: aerobic exercise to reap cardiovascular benefits and resistance training to strengthen the muscles.

For adults, physical activity guidelines stress 150 minutes of moderate-intensity aerobic exercise, such as brisk walking, each week in addition to muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on two or more days each week. Adults may also perform 75 minutes of vigorous cardio exercise, such as jogging or running, and the same amount of resistance training previously mentioned, or do an equal mix of moderate and more intense aerobic activity coupled with strengthening moves that target all your major muscle groups.

Remember, exercise doesn't have to be done all at once to grant health benefits. According to the Centers for Disease Control and Prevention, spread out your activity during the week, and exercise in smaller chunks of time during the day. Just 10 minutes of activity can make a real difference.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/time-for-fitness-23558-7163