HOW TO STAY IN SHAPE WHEN YOU'RE BUSY

The more consistently you work out, the more pronounced and long-lasting the benefits.

For those times when you just can't manage your normal exercise routine, use this minimalist 10-minute workout to stay in shape.

**A LONG LIST OF AMAZING BENEFITS**

- Larger, toned muscles
- Larger, more numerous muscle fibers
- Improved executive function
- Improved mood and sleep
- Increased neural pathway conductivity
- Less susceptible to stroke
- Decreased fat storage
- Improved nutrient uptake
- Improved insulin sensitivity
- More efficient energy production
- Improved enzymatic pathways
- Increased mitochondrial density
- Increased oxygen in the bloodstream
- Increased gas exchange in lungs
- Improved blood pressure
- Improved circulation
- Improved elasticity
- Increased bone density and strength
- Higher resting metabolic rate

**WHY THIS PLAN WORKS**

- The use of functional exercises (a.k.a. compound exercises) -- big movements that engage multiple joints and muscle groups -- triggers make exercise more automatic, so you don't have to think about it.
- Simple, do-anywhere moves can add weight to the moves. For example, if you suddenly become sedentary, the benefits start reversing immediately.
- Maintaining a straight line from head to heel, with chest high and abs engaged, and lower back squared as you lower can help maintain joint and muscle health.
- Using whatever you can find to add resistance helps you get more out of each rep.
- Don't think of the workout as a chore or punishment. Positivity keeps your stress in check and reduces hedonic compensation ("I did push-ups, I deserve that donut!").

**SIMPLE, DO-ANYWHERE WORKOUT**

Here's how to make a minimal workout happen.

1. Stand in high lunge, right foot forward and right hand on secure shoulder-width apart, arms extended in front of you. Stand with feet straight and knees aligned with toes. With abs engaged, and lower back squared as you lower, pull dumbbell toward lower ribs and bend at waist until you feel a slight stretch in hamstrings.

2. Do 5 reps of each exercise.

3. Don't rest between exercises.

4. Rest 1-2 minutes at the end of the circuit.

5. Repeat for a total of 2-4 circuits.

**MAKE IT EASY**

- Want to make the workout easier? Some movements can be done on the floor, without dumbbells.

**YOUR MINIMALIST GYM**

- Single-arm dumbbell row
- Banded hip extension
- Shoulder blade squeeze
- Push-up
- Squat
- Reverse lunge
- Bear crawl

**HERE'S HOW TO MAKE A MINIMAL WORKOUT HAPPEN.**

**WHY FUNCTIONAL EXERCISES?**

They're simple to do and don't require a lot of equipment. Plus, they target more muscle and offer more benefits than standard exercises.

**WHY SINGLE-ARM DUMBELL ROW?**

This exercise targets the back muscles, plus engages your core.

**WHY BANDED HIP EXTENSION?**

This exercise targets the hamstrings and glutes, as well as your core.

**WHY SHOULDER BLADE SQUEEZE?**

This exercise targets the shoulder blades and improves posture.

**WHY PUSH-UP?**

This exercise targets the chest, shoulders, and arms, as well as your core.

**WHY SQUAT?**

This exercise targets the legs, plus engages your core.

**WHY REVERSE LUNGE?**

This exercise targets the legs, plus engages your core.

**WHY BEAR CRAWL?**

This exercise targets the core and improves posture.

**WHAT A SET LOOKS LIKE**

Start in "plank" position, hands directly under shoulders and fingers forward. Stand with little toe secured under feet. Keep abs tight, ribs down, and tailbone tucked under, and weight rooted through heels. Stand with feet shoulder-width apart, arms shoulder-width apart with dumbbells, dumbbell in left hand.

When you're busy and stressed, working memory and willpower are low. Exercise can help improve these areas and make working through stressful times easier.

**WHY WORKING OUT CAN IMPROVE WORKING MEMORY**

Physical activity offers a long list of amazing benefits. Here's how to make a minimal workout happen.