

# 10% For My Body

Fact: There are 1,440 minutes in one day

FACT: The Physical Activity Guidelines for Americans recommend that EVERYONE exercises moderately for at LEAST 2.5 hours per week (or 150 minutes)

## Question:

If there are 1,440 minutes in one day, what reasons do you have for NOT dedicating 48 of those minutes to your body & Your health on 3 days per week?

(48 minutes \* 3 days = 144 minutes)

16 minutes

Power walk, run, or sprints

16 minutes

Jump Rope or Jumping Jacks

16 minutes

Stair climbing or Hill Climbing

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**48 MINUTES**

## Question:

If you've ever given 10% of your money to a waiter, or to the church or charity of your choice or...

If you've ever spent time with friends and/or family even would really didn't want to.

Why won't you give 10% to your body? What's your excuse?

(10% of 1,440 minutes is only 144 minutes per week)

**144 MINUTES / week**



16 minutes

Push-ups & Sit-Ups

16 minutes

Bicep Curls & Reverse Crunches

16 minutes

Tricep Extensions & Toe Touches

**48 MINUTES**

16 minutes

Squats & Planks

16 minutes

Lunges & Hip Touch Downs

16 minutes

Bridges & Torso Twists

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**48 MINUTES**

## Question:

If you dedicated 144 minutes (10%) each week to exercise and its recommended that you exercise for 150 minutes,

What would you do with the other 6 minutes?

Personally, I'd give my body a tip and throw in another 48 minutes.

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