Use Small Exercises Throughout the Day to Stay in Better Shape and Save Time!

BY ADAM SINICKI | EXERCISING | UNRATED

The most common excuse people give for not working out regularly is that they don't have the time. In reality the cause tends to be more a mixture of time, motivation and energy; but either way the fact remains that they just can't bring themselves to do a whole forty minutes of exercise after a long day at work.

But what if you weren't to do the whole session at once? What if you did four ten minute workouts instead as you went about your day? That way you could do a quick workout before work, one during lunch, one before you went home and one in the evening… and this could have a number of advantages.

Psychologically these workouts would be a lot less stressful because you wouldn't have to bear a whole hour's worth of strenuous exertion at once (it's much easier to talk yourself into just ten minutes of work). Likewise you may find that ten minutes are much easier to slot in around a busy schedule compared with whole hour sessions. And because you won't get yourself as sweaty and exhausted you wouldn't have to shower, change or slob out immediately afterwards.

But the question is… would it work? Would it actually result in the same improvements to your health and fitness? Or is there a good reason that we normally do our workouts all in one go?

Pros and Cons

Well to start with the good news, you certainly would still get a lot of benefit from training this way, and you'd actually probably get some specific benefits from this type of training too.

Fitness App Spotlite

Charity Miles

Track your fitness when you walk, run, bike and more and earn money for charities such as Feeding America, Habitat for Humanity and more! Available for Apple and Android.

Free with in app purchase options

UPCOMING EVENTS

Warrior Yoga Wednesday 9/6
12:15PM-12:45PM
Spur Building, Room 227
Get ready for some "me" time as we relax with Vinyasa yoga to clear your mind and strengthen your body.

Biometrics Friday 9/8
7:30AM-9:00AM
Saulsbury Campus Center, Private Dining Room
Come get your FREE biometric profile, provided by out OC Allied Health Programs.

Outdoor Yoga Saturday 9/9
8:00AM-9:00AM
Saulsbury Campus Center, Commons Amphitheater
Grab your mat and start your weekend off right with morning yoga under the West Texas sky.

Where to Start? Educational/ Exercise Session
11:00AM-12:00PM
OC Sports Center, Studio 211
Want to start a new fitness routine but not sure where to begin? Come learn some basic exercises to get you on your fitness journey from certified personal trainer, Monica Hernandez.

Kickboxing Monday 9/11
12:15PM-12:45PM
Rudy Acosta Student Pavilion
Time to kick off your new healthy week and knock out Monday!

Kids Fitness Classes/Kids Tennis @ the Permian Basin Fair & Exposition 9/11
Ector County Coliseum
Kids Fitness Classes
5:00PM-6:30PM
Kids Tennis 6:30PM-8:00PM
Join the OC Sports Center staff at the Fair as we let the kids have fun and get fit all at the same time!

NEW Extended Hours! Starting Sept. 1, 2017

ODESSA COLLEGE SPORTS CENTER

FACILITY HOURS
Monday – Thursday. . 5am – 10pm
Friday. .... 5am – 9pm
Saturday .... 7am – 6pm
Sunday........................1pm – 6pm

POOL HOURS
Monday..................... CLOSED
Tuesday – Thursday. ..7am – 9pm
Friday. .... 7am – 8pm
Saturday. ....8am – 5pm
Sunday...................... 1pm – 5pm

Studies show that with regards to general fitness and weight loss, doing mini workouts throughout the day can actually be almost as beneficial as doing a single workout of that total length. In fact if burning calories is the aim, it may even be *more* beneficial as it ensures that your metabolism remains heightened throughout the day. This could also help to keep you more mentally alert.

In another study it was found that exercising in shorter bursts this way could help to prevent participants from then eating too much or completely vegetating in order to recover.

Another benefit of taking multiple shorter runs for instance is that it will place less stress on your body thus reducing the likelihood of injury or overtraining.

For Muscle Building

For muscle building things get a little more complicated as a certain amount of fatigue is required in order to stimulate muscle growth. Muscle growth occurs as a result of microtears to your muscle fibres which then subsequently get repaired by your body. The repair process causes those muscle fibres to grow back with an amount of 'scar tissue' (effectively) making them thicker and stronger than they would have been previously.

So can you accomplish this type of fatigue in a ten minute workout? Certainly – it just requires you to be much more intense with the way you're training and to focus on just a single muscle group for each of those sessions.

For instance, you could do three sets of pull-ups supersetted with bicep curls (meaning you alternate between them rather than resting), rest for one minute and then do two more sets of hammer curls with a heavy weight. That short workout in the space of ten minutes would likely create more fatigue and microtears than the majority of exercises you may have been using previously.

Greek Lemon Chicken and Potato Bake

4 Chicken Leg Quarters
1 (24oz) Bag Mall Potatoes
1/2C Olive Oil
2 Lemons, juiced, dividied
2T Dried Basil
2T Dried Oregano
1T Salt
1T Ground Black Pepper
2T Lemon and Herb Seasoning
12oz Fresh Green Beans

Preheat oven to 425 degrees F (220 degrees C). Grease a large baking sheet with sides.
Place chicken quarters on prepared baking sheet. Stir potatoes, olive oil, juice of 1 lemon, basil, oregano, salt, pepper, and lemon herb seasoning together in a large bowl to coat potatoes. Arrange potatoes around chicken on baking sheet. Pour about 3/4 of oil mixture over chicken, reserving remaining oil; drizzle remaining lemon juice over chicken and potatoes.
Bake in the preheated oven for about 30 minutes; shake baking sheet to loosen potatoes, then continue baking for 15 minutes. Place green beans in reserved oil mixture; toss to coat. Remove chicken mixture from oven; pour green bean mixture over chicken and potatoes.
Return pan to the oven; bake until green beans are tender with a bite, chicken is no longer pink at the bone and juices run clear, about 15 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Prep Time: 10 Minutes
Cook Time: 1 Hour
Source: AllRecipes.com

Working out for a full hour may still have the edge for other reasons though when it comes to muscle building. Not only will using more muscles in a single go trigger the release of more growth hormone, but prolonged work on the same muscle groups can also help to encourage more growth through mechanisms such as occlusion (where more blood and minerals get 'trapped' in the muscle being trained). Moreover, there is a lot of information and existing evidence available when it comes to people working out using a single hour-long session, whereas we know significantly less about how well working out in such short intervals might work.

Put it this way though – we certainly know that working out throughout the day in this method will work better than not working out at all… and likewise if you're currently doing three forty minute workouts, this might be a way to train on two extra days which can only be a good thing. Recently a lot of prior training knowledge has been turned on its head. It's at least worth a shot!

Adam Sinicki is a full time writer who spends most of his time in the coffee shops of London. Adam has a BSc in psychology and is an amateur bodybuilder with a couple of competition wins to his name. His other interests are self improvement, general health, transhumanism and brain training. As well as writing for websites and magazines, he also runs his own sites and has published several books and apps on these topics. He lives in London, England with his girlfriend and in his spare time he enjoys climbing, travelling, playing games, reading comics and eating sandwiches.
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