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What's The Least Exercise You Can Get Away With?

In my experience, when it comes to exercise, people fall into one of two categories:

- if you want to stop me exercising, you'd better tie me to something really heavy.
- Or,
- ugh. Do I have to?

Given that most of the people I work with, myself included, fall into the second category, I thought a guide about the bare minimum exercise you need to do to get results would be a good help.



Firstly, it's not true to say that if you're not going to do loads of exercise every day it's not worth it. The only approach which will work is one which fits easily into your life. If you haven't exercised in a while, the best place to start is with a program which feels a bit too easy to achieve; you'll be setting yourself up to succeed, and after a week or so, you'll have a better idea of the time you really have available to fill. Likewise, if you know you can only exercise at the weekend, you need to know how to make it count.

You need five types of workout to build your fitness from all angles. Remember we are only talking about fitness here, we're not taking into account changes we might make to your workout schedule due to your stress load.

The types are:

Stretching

Intervals (long and short)

Strength

Long duration

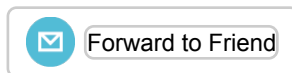
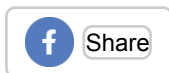
That's it. Now, clearly, doing any of these will make you fitter, but the real secret to getting good results from a minimal exercise plan is the combination.

You can put some parts of these together to reduce the number of workouts you need to do. Unless you're especially keen to build strength on its own, you could make your strength workout into a longer interval session which might take as little as 15-20 minutes, and do that a couple of times a week. Add in a couple of short interval sessions, which you could get done in less than 10 minutes or even add to your longer interval session, one long duration activity like an hours walk or similar, and make sure you stretch after each workout, and you've ticked all the boxes. It's always going to be best if your workouts are spread out evenly during the week, but if not, oh well, at least you're getting it done somehow.

If you'd like some help to work out how to optimise the time you have to exercise, [give me a shout](#), I'd be delighted to help!

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is underlined with a long, sweeping red line that extends to the left and then curves back under the name.

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