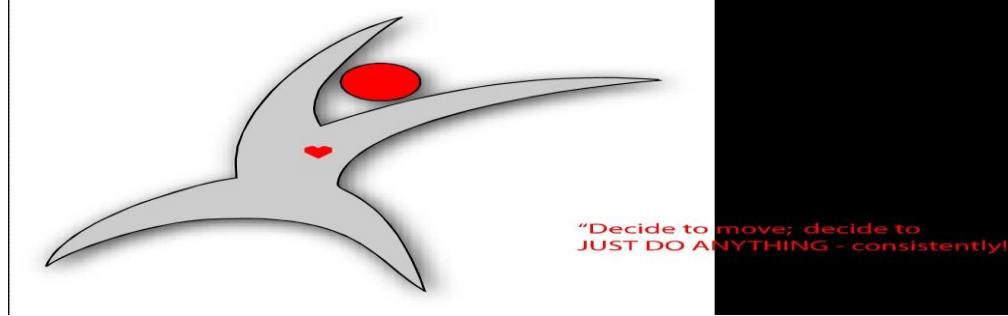


Inspiring You To Just Do Anything. ~ Dr. Bud @ docbud.com



Got 15 Minutes to Get Fit? Try my FW FAB5 Routine

Reach for the sky with both hands. Now take a deep breath. And say thank you. These are all simple things that promote health and well-being. The science tells us so. You and I live in a culture where time is increasingly our most valuable commodity. Our careers, over programmed kid's events, and conflicting priorities put ever increasing demands on our time at a time when we are becoming ever more sedentary as a society. But can you spare 15 mins twice a week to start? Start to ponder that request.

"You can infuse your life with the power of prevention incrementally and fairly painlessly, and yes, doing something, no matter how small, is infinitely better for you than doing nothing," says David Katz, MD, MPH, director of Yale University's Prevention Research Center and of the Yale Preventive Medicine Center. Katz is co-author of *Stealth Health: How to Sneak Age-Defying, Disease-Fighting Habits into Your Life without Really Trying*. "If you let yourself make small changes, they will add up to meaningful changes in the quality of your diet, your physical activity pattern, your capacity to deal with stress, and in your sleep quality -- and those four things comprise an enormously powerful health promotion that can change your life," says Katz.

"Just the act of going from sedentary to moderately active gives you the greatest reduction in your risks," says Helene Glassberg, MD, director of the Preventive Cardiology and Lipid Center at the Temple University School of Medicine in Philadelphia.

Again, research continues to show us that simple strategies like combining 10 minute workout segments over a single day can be as beneficial as performing the standard 30-60 minute exercise routine.

This simple 15min workout FAB5 has helped dozens of my clients get started if no major physical fitness limitations exist. AND if you SMILE :-) You will have worked 90% of every muscle in your body. It is called HliT: High Intensity Interval Training where one works their muscles fast in short time frames whereas the heart takes it to another level as well! A much needed activity in today's convenience mentality. Stay in a heart safe zone of course!

An example is my wife. She rakes our leaves fast and furious for 15-30 instead of machine blowing them as most of our neighbors do. But she is from Copenhagen Denmark and that is what Danes do day in and day out - not waste anything! And that includes exercise. Many Danes bike to work even in the snow to get both exercise and free transportation to be frugal and practical. It is their way, and actually, it has been my way since 1987 when I married Marie Hansen in Iraklion, Crete, Greece on my US Air Force Base.

Short body weight workouts can save time, can be done both at home and on the road and have proven to work! It is now science, not Dr. Bud's new idea. Try it now!

This one is called the FitWorker FAB5.

Perform 5-10 mins of cardio of choice (e.g., walk fast, jump rope, Elliptical, treadmill, run, bike, row, Zumba, jumping jacks)

- 1 ~ Perform 5-12 military push-ups using strict form straight back , go straight to
- 2 ~ Perform 5-15 knee push-ups -or- until failure depending on your fitness level
- 3 ~ Perform 5 - 15 Curl-Ups: Roll over with back & arms flat on floor, slide feet towards your butt and leave them there; curl just your torso up towards your knees holding for 1 sec at the top and lowering yourself slowly in a controlled manner
- 4 ~ Perform 10-30 sec planks - up position of a military push up - hold it in good form like a plank of wood
- 5 ~ Sit against a wall for 10 -30 secs : wall sit - hover over a chair while squatting down leaning against a wall thighs parallel to the ground

Recover: rest 3 mins and repeat if your fitness level allows it.

Pump IT UP! To add intensity just add either more reps to your pushups and curl ups and/or add more secs to your planks and wall sits and more mins to your cardio. When you are ready and have more time, do 2 or 3 circuits or 2 circuits without the 3min rest in between. Be creative but more importantly, get started!

This type of fitwork interval also has the large muscle groups like quads & pecs burning calories well after the workout and shower. By just doing one of these circuits, a person can REV~UP their metabolism for hours post activity.

“Make the decision now to Just Do Anything ~ consistently!” ~ Dr. Bud