




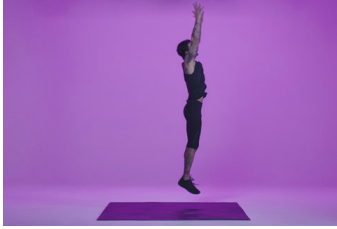








The 9 Minute Strength Workout

The New York Times

The following nine moves are strength training exercises that you may have seen before. Alone, they work a set group of muscles, but strung together, these nine exercises become a complete, whole-body workout.

Dr. Jordan Metzl, a sports medicine physician at the Hospital for Special Surgery in New York, has broken down the nine exercises into three sets of three. Before you begin each set, set a timer (or work out near a watch with a second hand). If you are just starting to work out, do each exercise as hard as you can for one minute, followed by the next, until you complete the first set. Then, take a one minute break before moving on to set two, in which the exercises should also be performed for one minute each.

BEGINNER 1 min each exercise (total 9 mins)	SET #1	SET #2	SET #3
			
			
	Bodyweight Squat	Forearm Plank	Burpee with Push-Up
INTERMEDIATE 2 min each exercise (total 18 mins)			
	Pushup	Bodyweight Split Squat	Single-Leg Toe Touches
			
ADVANCED 3 min each exercise (total 27 mins)	Mountain Climbers	Single Leg Hip Raise	Leg Raises
	Take 1 minute break before set #2	Take 1 minute break before set #3	Congrats, you're done!

Every day is a choice.

Physical activity includes all forms of active recreation, sports participation, cycling and walking, as well as activities you do at work and around the home and garden. It doesn't have to be exercise or sport – play, dance, gardening, and even house cleaning is all part of being physically active. You have a choice to turn your life around.

During the COVID-19 pandemic, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible. Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Regular physical activity can also help to give the day a routine and be a way of staying in contact with family and friends.

All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity, including activities that strengthen muscle and bone, at least 3 days per week.

Adults aged over 18 years should do a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, including muscle-strengthening activities 2 or more days per week.

But any physical activity is better than none. Start with small amounts and gradually increase duration, frequency and intensity over time.

Being active during the COVID-19 pandemic is challenging for us all. Because the opportunities to be physically active seem to be more restricted, it is even more important to plan in every day the ways to be active and to reduce the time spent sitting for long periods. Put simply, it is a critical time to ensure we all move more and sit less.

If you're new to exercise, or feeling a little lost because your normal way of staying fit isn't possible right now, here are some ideas to get you moving:

- **Take your workout online:** On YouTube there are endless free exercise videos to try, regardless of your fitness level or the size of your living room. From yoga and strength workouts to Pilates, high intensity interval training (HIIT) and more.
- **Go freestyle:** If a structured routine is not your style, get creative and build your own workout – instead of weights use household items like filled water bottles and cans or jars of food (if you can find some!), walk or run on the spot for 30 second intervals, do some star jumps, planks, sit ups, push ups, or even burpees. Anything to get your heart rate up a little.

A word of advice before you start: If you're new to exercise, start small – try maybe 10 minutes of yoga or walking a day, then gradually build up.

Even 10 minutes of movement a day can help your body and mind feel better. Encourage your loved ones, who you're no doubt spending a lot of time with right now, to take a moment to move their bodies too.

And please, if you're not feeling well, follow the advice of your health professional – including some rest. It's vital that we prioritise the health and safety of ourselves, family, friends and the community.

No matter your age or athletic ability, strength training is the key to flexibility, mobility, improved performance and lower injury risk. Anyone, at any fitness level, can and should strength train. We'll teach you the basics of strength training in the comfort of your own home. It'll take only nine minutes of exertion to complete a full-body strength-building workout. Grab a towel and get ready to feel strong.