Health in a hurry
Quick exercises and meal options
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Life can be hectic. The mad dash through our days can make it feel like something’s got to give. All too often that something is the time we allow for exercise and physical activity.

The Centers for Disease Control and Prevention recommends at least 150 minutes of moderate-intensity aerobic activity every week, along with muscle strengthening activities on two or more days of the week. You don’t have to spend large blocks of time working out in order to reap the health benefits of exercise. Ten minutes at a time is fine, as long as you’re exercising at a moderate to vigorous intensity.

The perfect time to start exercising and eating well is today. Begin with one 10-minute activity session and then build over time. Add quick-to-prepare meals to your daily schedule. Over time, small steps can deliver big improvements in your health, mood and energy level.

**Exercise can lessen the health effects of**

- Diabetes
- Stress
- Heart Disease
- Obesity
Find the time

With a little planning and mindfulness, you can find small opportunities to add 10 minutes of activity to your daily routine.

1. Lay off the snooze button. Squeeze 10 minutes of activity into your day by waking 10 minutes earlier than your normal routine. Early morning exercise will shake up your body and wake up your mind so you’re better prepared to tackle the day’s activities.

2. Encourage walking meetings at work. You don’t have to sit around a conference table during your next strategy session. Conduct a walking meeting. You can take it outside, or just walk the halls and stairwells of your office. The location doesn’t matter, as long as you’re moving.

3. Stand and stretch each hour. Create your own desk exercise program for a 10-minute break. In addition to the physical benefits of exercise, staying active during the workday can help clear your mind and boost your productivity (see our suggested exercises on pages 7-9).

4. Get scrubbing. Tackle those deep cleaning projects around the house. Using a little elbow grease will burn calories and beautify your space at the same time. Bonus!
5. Work out while you watch TV. If sitting in front of the television is how you unwind, try incorporating physical activity into your viewing routine. You can do circuits of bodyweight exercises while catching up on your favorite shows.

6. Incorporate family walks into your post-dinner routine. Get moving after your meals for good health and great family bonding time.

7. Taking the kids to music lessons or sports practice? Sneak in a walk or jog during the time you might normally spend in the bleachers or waiting in your car.

8. Walk to your lunch spot. You’ll burn calories and work up an appetite!

9. Climb stairs at work or walk the parking lot. Get moving around the office. See how many reps you can complete in 10 minutes. Then, work to build up your speed and endurance.

Exercise can help:

- Strengthen bones and muscles
- Improve balance
- Promote better sleep
## Calories burned in 10 minutes

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<th>150 pound person</th>
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<td>61 calories</td>
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<td>biking outdoors</td>
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<tr>
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Calorie estimates courtesy of the Calorie Control Council. For more information, visit caloriecontrol.org.
Your 10-minute workouts should be at a moderate to vigorous intensity. But how do you know when you need to rev up your efforts? Try these tips:

**Talk test**
Can you talk, but not sing, while completing your activity? Chances are, you are working out at a moderate intensity.

**Target heart rate**
Use a simple calculation to measure your target heart rate as a gauge of the relative intensity of your workout. It’s easy, just follow this equation:

\[
200 - \text{(your age)} = \text{your maximum heart rate}
\]

Moderate intensity activity should elevate your heart rate 50 to 70% of its maximum.

Vigorous intensity activity should elevate your heart rate 70 to 85% of its maximum.

**Measure your pulse**

1. Stop exercising.
2. Lightly press two fingers onto your opposite wrist. Feel for your pulse on the artery that is on the side of your wrist, in line with your thumb.
3. Count the number of heartbeats within a 30 second period and multiply it by two to determine your heart rate.

For a 50 year old person

<table>
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<th>maximum heart rate</th>
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<th>vigorous intensity</th>
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<tr>
<td>200 – 50 = 150 BPM</td>
<td>150 x .50 = 75 BPM</td>
<td>150 x .70 = 105 BPM</td>
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<td></td>
<td>150 x .70 = 105 BPM</td>
<td>150 x .85 = 128 BPM</td>
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Content adapted from information provided by the Centers for Disease Control and Prevention. For more information, visit cdc.gov.
Four types of exercise

Be sure to mix up your workouts to include all four types of exercise for maximum health benefits.

**Endurance** activities increase your breathing and heart rate.
- Brisk walking or jogging
- Yard work
- Dancing

**Strength** exercises make your muscles stronger.
- Lifting weights
- Using a resistance band
- Using your own body weight

**Balance** exercises help prevent falls, a common problem for older adults.
- Standing on one foot
- Heel-to-toe walk
- Tai Chi

**Flexibility** exercises can help your body stay limber.
- Shoulder and upper arm stretch
- Calf stretch
- Yoga

Reprinted courtesy of the National Institute on Aging at the National Institutes of Health. For more information, visit nia.nih.gov.
Create your own 10-minute routine*

Why not make one of your work breaks a 10-minute do-anywhere exercise routine? Try your own mix of these simple bodyweight exercises to create an on-the-fly workout:

**Wall sits.** Stand with your back flat against a sturdy wall and your feet hip-width apart. Slide down to a seated position with your legs at a 90 degree angle, your thighs parallel to the floor and your feet flat against the floor. Do not let your knees extend beyond your ankles. Hold for 30 to 60 seconds. Repeat.

**Calf raises.** Hold on to your desk or chair to maintain your balance. Start with your feet flat on the floor. Slowly raise up onto your toes, then slowly lower back to your starting position. Repeat.

**Leg raises.** While seated at your desk, raise one or both of your legs until they are extended straight in front of you. Hold for 5 seconds and slowly lower your legs. Repeat the movement without letting your feet touch the floor.

**Chair squats.** Sit at the edge of a stationary (not rolling) chair. Extend your arms in front of you. Press up through your heels to a standing position. Lower back down until you barely touch the chair and then raise up again. Repeat.

*These exercises should be safe for most people. If you have health concerns, talk to your doctor before starting an exercise routine.*
**Ab squeeze.** Sit upright in your desk chair. Contract and squeeze your abs for 2-5 seconds, then release. Repeat.

**Tricep dips.** Facing away from your desk or chair, place your hands on either side of your body. Reaching behind you, grip the edge of your desk or stationary chair. Place your feet on the floor slightly in front of you so that your knees are at a 90 degree angle. Keeping your body close to your desk or chair, slowly bend your arms to a 90 degree angle. Hold for 1-2 seconds then straighten your arms to return to your starting position. Do not lock your elbows. Repeat.

**Desk pushups.** Stand at least 2 feet away from your desk. Place your hands about shoulder-width apart and grip the edge of your desk. Bend your arms as you lower yourself down to your desk. Hold for 1 second, then straighten your arms again to slowly raise yourself away from the desk. Repeat. Be sure to keep your back straight and flat throughout the exercise.

**Desk chair swivel.** Sit upright in a swiveling desk chair, with your feet lifted slightly off the floor. Lightly grip the edge of the desk in front of you. Use your abdominal muscles to swivel the chair from side-to-side for 30 seconds.

**Stair climb.** Head to your office stairwell and climb up and down the stairs. This will strengthen your legs and give you a good cardio workout. Try climbing two stairs at a time to increase the intensity.
**Lunges.** Stand with your hands on your hips. Step forward with one of your legs. Keep your torso upright while bending your knees and lowering your body until your back knee is almost in contact with the floor. Do not allow your forward knee to extend past your ankle. Mainly using your forward leg, push yourself up to return to a standing position. Repeat with the opposite leg.

**Arm circles.** Extend your arms out to your sides, at shoulder height, palms facing down. Move your arms to make small circles for 30 to 60 seconds. Repeat, moving your arms in the opposite direction.

**Plank.** Put elbows and forearms on the floor, shoulder-width apart. Press through your toes and forearms to elevate your body and create a bridge, keeping your back straight and your core muscles engaged. Hold the plank for 30 to 60 seconds. Repeat.

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**Want to take your workout to the next level?**

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- special pricing at Jenny Craig Centers,
- virtual fitness training with Exercise on Demand,
- discounts on at-home workout equipment,
- and much more.

Visit [geha.com/fitness](http://geha.com/fitness) to learn more.
A healthy meal is only minutes away with these tasty options.

**Breakfast**
- Avocado breakfast bruschetta
- Peanut butter banana breakfast shake
- Berry nutty breakfast parfait

**Lunch**
- Asian mango chicken wraps
- Bulgur chickpea salad
- California citrus and greens salad

**Dinner**
- 15-minute enchiladas
- Poached eggs in spicy tomato sauce
- Black bean chili with coffee
- Pasta shells with garlicky kale
avocado breakfast bruschetta

Makes 4 servings

Ingredients
1 ripe avocado
2 medium tomatoes
1 green onion
1/2 cup chopped fresh basil (plus 2 Tbsp. for garnish)
4 eggs (hard-boiled)
12 slices whole-wheat baguette bread
1/4 cup ricotta cheese (reduced-fat)
cracked black pepper to taste

Directions
Dice avocado, tomatoes and green onions.

Peel and chop hard-boiled eggs.

Reserving 2 Tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.

Toast baguette slices and smear with ricotta cheese.

Top with avocado mix and garnish with chopped basil.

Nutrition facts per serving
calories 340, total fat 17 g, protein 17 g, carbohydrates 32 g, dietary fiber 9 g, saturated fat 3.5 g, sodium 310 mg

Reprinted courtesy of the Produce for Better Health Foundation and What’s Cooking? USDA Mixing Bowl. For more information visit whatscooking.fns.usda.gov.
peanut butter banana breakfast shake

Makes 4 servings

**Ingredients**
- 1 cup milk (fat free or 1%)
- 1/2 cup banana (frozen, slices)
- 1 tablespoon peanut butter
- 1/4 teaspoon cinnamon (ground)
- 1/2 teaspoon vanilla extract
- cocoa powder (as needed, optional)

**Directions**
Combine all ingredients in a blender and blend until smooth and creamy.

Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

**Nutrition facts per serving**
calories 260, total fat 8 g, protein 14 g, carbohydrates 34 g, dietary fiber 3 g, saturated fat 2 g, sodium 200 mg

Reprinted courtesy of the University of Nebraska, Cooperative Extension and What’s Cooking? USDA Mixing Bowl. For more information visit whatscooking.fns.usda.gov.
Ingredients
2 cups blueberries
2 cups sliced strawberries
1 Tbsp. honey, softened by placing the jar in a pan of water over low heat
2 cups low-fat plain yogurt
1/2 cup low-fat granola
4 Tbsp. chopped walnuts (pecans or almonds can be substituted)

Directions
Place berries in mixing bowl. Drizzle with softened honey and toss gently to coat.

Spoon 1/4 cup yogurt into four parfait glasses (tall, narrow wine glasses will do) and top with layer of berry mixture. Repeat layers with remaining yogurt and berry mix. Top with granola and nuts.

Nutrition facts per serving
257 calories, 8 g total fat (2 g saturated fat), 41 g carbohydrate, 10 g protein, 5 g dietary fiber, 118 mg sodium

Reprinted courtesy of the American Institute for Cancer Research. For more information visit aicr.org.
Asian mango chicken wraps
Makes 4 servings

**Ingredients**
- 2 ripe mangos (peeled, pitted and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 Tbsp. fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 Tbsp. natural creamy peanut butter (unsalted)
- 2 tsp. low-sodium soy sauce
- 4 whole-wheat tortillas (8”)

**Directions**
Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.

In a small mixing bowl, whisk together cream cheese, peanut butter and soy sauce.

To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of the tortilla. Secure with toothpicks. To serve, cut each wrap in half.

**Nutrition facts per serving**
- 440 calories, 12 g total fat, 29 g protein, 57 g carbohydrates, 9 g dietary fiber,
- 2.5 g saturated fat, 570 mg sodium

Reprinted courtesy of the Produce for Better Health Foundation and What’s Cooking? USDA Mixing Bowl. For more information visit whatscooking.fns.usda.gov.
Ingredients
1 1/4 cups water
1 cup bulgur (coarse, available in bulk from natural foods stores)
1 tsp. dried parsley
1/3 Tbsp. minced onion
1 tsp. soy sauce
1/2 cup scallions (chopped, green onions)
1/2 cup raisins
1/2 cup carrot (chopped)
3/4 cup canned chickpeas (garbanzo beans, drained and rinsed)
2 Tbsp. oil
2 Tbsp. lemon juice
1 Tbsp. soy sauce
1 garlic clove (minced)
black pepper (to taste)

Directions
Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook. Remove from heat and allow to cool; fluff with fork.

Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Nutrition facts per serving
204 calories, 5 g total fat, 6 g protein, 36 g carbohydrates, 7 g dietary fiber, 275 mg sodium

Reprinted courtesy of the University of Vermont, Extension and What’s Cooking? USDA Mixing Bowl. For more information visit whatscooking.fns.usda.gov.
California citrus and greens salad with garlic dressing

Makes 4 servings

**Ingredients**

**Dressing:**
- 4 large cloves fresh garlic, peeled
- 1/2 tsp. olive oil
- 1/3 cup orange juice
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1/2 tsp. dried thyme
- Salt and freshly ground black pepper, to taste

**Salad:**
- 1 quart boiling water
- 1 cup small broccoli florets
- 1 bag (8 oz.) pre-washed baby salad greens
- 1 navel orange, peeled and cut into bite-sized pieces
- 1 cup chopped red bell pepper

**Directions**

In blender, combine first five dressing ingredients. Puree until smooth. Add thyme, salt and pepper. Add broccoli to boiling water and blanch for 1 minute. Drain well and let cool. In serving bowl, toss broccoli with remaining ingredients. Add dressing and toss again. Serve immediately.

**Nutrition facts per serving**

155 calories, 8 g fat (1 g saturated fat), 20 g carbohydrate, 4 g protein,
3 g dietary fiber, 99 mg sodium

*Reprinted courtesy of the American Institute for Cancer Research. For more information visit aicr.org.*
15-minute enchiladas
Makes 8 servings

Ingredients
nonstick cooking spray
1 can chili without beans (about 24 oz.)
1 1/2 cups canned refried beans, low-sodium, non-fat
2 cups low-fat Cheddar or Monterey jack cheese, shredded
8 flour tortillas, large size

Directions
Preheat oven to 350 degrees F.

Cover a cookie sheet with foil and spray with nonstick cooking spray.
In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side-by-side on the cookie sheet with seam side down.
Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
Bake for 10 minutes until cheese is melted.

Nutrition facts per serving
310 calories, 17 g total fat (6 g saturated fat), 17 g protein, 23 g carbohydrates, 4 g dietary fiber, 500 mg sodium

Reprinted courtesy of What’s Cooking? USDA Mixing Bowl. For more information visit whatscooking.fns.usda.gov.
poached eggs in spicy tomato sauce

Makes 4 servings

**Ingredients**

- 1 large red bell pepper
- 2 Tbsp. extra virgin olive oil
- 1/2 cup finely chopped onion
- 1 garlic clove, chopped
- 1 can (14 oz.) crushed tomatoes
- 3 fresh basil leaves, torn up, extra leaves for garnish
- Freshly ground black pepper
- 4 large eggs
- 8 (1/2-inch) slices whole-grain French or Italian bread, toasted or 4 slices whole-grain sandwich bread, toasted
- 2 Tbsp. grated or shredded Parmesan cheese

**Directions**

Cut four 1/2-inch rings from widest part of pepper. Cut away white rib, evening out inside of rings. Set pepper rings aside.

In deep medium skillet, heat oil over medium-high heat. Add onion and cook until translucent, 4 minutes, stirring occasionally. Mix in garlic. Add tomatoes, basil and 4 grinds pepper. When sauce simmers, cook for 3 minutes, stirring occasionally.

Add pepper rings to pan. Break an egg into custard cup or small, shallow bowl. Using spoon, scoop sauce out of center of a pepper ring. Holding bowl low over pepper ring, slide egg into it.

Working quickly, repeat, adding eggs to remaining pepper rings. Cover and cook over medium-low heat until eggs are set, 5 minutes.
Meanwhile, place two bread slices each in four wide, shallow bowls. With wide spatula, transfer pepper-ringied egg on top of bread in each bowl. Spoon one-fourth of sauce remaining in pan around each egg. Sprinkle one-fourth cheese over each egg. Garnish with basil leaves. Serve immediately.

**Nutrition facts per serving**
310 calories, 17 g total fat (6 g saturated fat), 17 g protein, 23 g carbohydrates, 4 g dietary fiber, 500 mg sodium

*Reprinted courtesy of the American Institute for Cancer Research. For more information visit aicr.org.*
black bean chili with coffee
Makes 6 servings

Ingredients
1 Tbsp. canola oil
1 cup chopped onion
3/4 cup chopped green bell pepper
2 garlic cloves, chopped
2 Tbsp. chili powder
2 tsp. ground cumin
1 Tbsp. finely ground coffee
1 Tbsp. dried oregano
1 (28 oz.) can ground or crushed tomatoes
1 cup reduced-sodium vegetable broth
2 (15 oz.) cans black beans, rinsed and drained
1 tsp. agave syrup or sugar (optional)
salt and freshly ground pepper

Directions
In large saucepan or small Dutch oven, heat oil over medium-high heat. Add onion and green pepper, stirring often, until onion is translucent, 5 minutes. Add garlic, stirring occasionally, 3 minutes.

Mix in chili powder and cumin, stirring until fragrant, 1 minute. Add coffee and oregano, stirring to combine with other seasonings. Add tomatoes, broth, beans and sweetener, if using. Stir together and bring chili to gentle simmer. Reduce heat and cook, uncovered for 20 minutes. Season to taste with salt and pepper.

Nutrition facts per serving
200 calories, 4 g total fat (less than 1 g saturated fat), 35 g carbohydrate, 11 g protein, 11 g dietary fiber, 296 mg sodium

Reprinted courtesy of the American Institute for Cancer Research. For more information visit aicr.org.
pasta shells with garlicky kale
Makes 4 servings

**Ingredients**
1 Tbsp. extra virgin olive oil
5 cloves garlic, minced
1/4 tsp. red pepper flakes (or to taste)
10 oz. (10 cups, loosely packed) pre-washed baby kale, coarsely chopped
1/2 cup vegetable broth
Salt and freshly ground black pepper, to taste
1 Tbsp. Parmesan cheese
8 oz. small whole-wheat pasta shells, cooked to package directions

**Directions**
Heat oil in large skillet over medium heat. Sauté garlic with red pepper about 2 minutes.

Stir in about half the greens, the broth and season to taste with salt and pepper. Increase heat to medium-high, cover and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover and cook an additional 12 minutes or until greens are tender. Stir occasionally.

Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.

Sprinkle with cheese and serve.

**Nutrition facts per serving**
302 calories, 6 g total fat (1 g saturated fat), 56 g carbohydrate, 13 g protein,
7 g dietary fiber, 264 mg sodium

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