

Modern lifestyles force us to sit for prolonged periods of time on a daily basis. The average American spends more than half of their awake time sitting (*approximately 64 hours per week*). Unfortunately, new research is showing that **sitting for long stretches of time may be putting your health at risk**. And for the few of us that manage to make time for the gym in the midst of our busy lives, that workout may not be doing as much good as we'd like to believe.

Sitting is the New Smoking

The human body has an innate need for movement. It's how we are designed. Lack of movement in the modern age makes us susceptible to a host of preventable health ailments like diabetes, heart disease and cancers not to mention issues like back pain, headaches, weight gain, and lethargy.

According to a research study conducted by the University of Texas, Southwestern Medical Center in 2014, even just two hours of sedentary behavior can have negative health implications. So, it's no surprise that researchers are now saying that *sitting could be as dangerous as smoking* to your long-term health



But I Work Out!

When we realize that sitting is negatively impacting our health, many of us consider heading to the gym before or after work. But we all know that fitting in a workout or exercise class with all the demands of modern life can be a struggle. Lack of time, access, and knowledge can keep us from adopting a regular exercise routine. Many of us simply do not want to give up our precious bits of free time that could otherwise be spent with

friends and family, enjoying a hobby, or simply relaxing. Giving up valuable sleeping hours to fit in workouts can unleash even further havoc to your health. An unfortunate fact for the few of us that do get to the gym regularly? New research published in the *Journal of the National Cancer Institute* shows that **sitting for sustained periods of time may negate the positive effects of exercise**.

“Since prolonged physical inactivity can have devastating effects on the body all by itself, it should be considered a disease.”

Dr. Michael Joyner, Mayo Clinic

The Answer: Short-Burst Exercise

The good news is that **regular, short periods of physical activity can help offset the negative impact of sitting** and get you in shape. “Short-burst” exercise (also called high intensity interval training or HIIT) involves brief, intense motion that occurs over minutes rather than hours.

A number of research studies support this type of exercise:

- The University of Texas, Southwestern Medical Center study shows that exercise performed in shorter time frames with more intensity provide equal or better results than a traditional cardio workout.
- A study from Harvard Medical School reported that short-burst exercises resulted in cardiovascular benefits and had the same calorie-burning power as a 30-minute workout at the gym.
- A study published in the *Journal of Physiology* described the effects of these short training bursts as “similar or even superior” to the cardiovascular and musculoskeletal benefits of longer workouts.



md = MR

micro decisions = MACRO RESULTS

Minute Movement is a short burst exercise program that takes results to the next level. Micro decisions = MACRO RESULTS is the principle that the small decisions we make from minute to minute can have a huge impact on our lives. This patent-pending program packs effective exercises into simple short burst exercises (micro decisions) done throughout your sitting hours, resulting in better health and a better **you** (MACRO RESULTS).

In addition to the benefits you expect with any exercise program – *lower blood pressure, cholesterol, glucose levels, and fat loss* – **Minute Movement also boosts energy, lifts your mood, and increases productivity.** Minute Movement’s unique blend of isometric, isotonic and stretching exercises are designed to engage entire muscle groups for a total body workout requiring minimal time and space. The program is highly customizable regardless of age, fitness level, or schedule and can be done alone in a cubicle or in a training seminar consisting of thousands of participants.

Make Your Minutes Matter

If you find yourself sitting for long periods throughout the day, it’s time to kick the habit! Take the five-week **Minute Movement Quick Start** challenge and experience the transformation for yourself.

Results That Matter

The University of Kansas Department of Health, Sport and Exercise Sciences conducted a research study on Minute Movement in 2014. Over the course of five weeks, study participants completed one minute short-burst exercises at the top of each hour during their workday (an eight hour time period).

At the end of the five week period the group had experienced an average of one pound weight loss per week, as well as decreased inches around the waist, blood pressure and fasting glucose. All participants gained significant increase in strength, energy and balance. In addition to the group results, individual results included a total body fat loss of 4.8%, a ten pound increase in Lean Body Mass (muscle), and 20.5 point reduction in total cholesterol.

Participants were thrilled to report impressive psychological results as well, including **increased energy levels, lowered stress levels, and improved overall mood.** Eighty percent of the participants adopted a more active lifestyle during the course of the study and 40% began the transition toward healthier eating habits.

The Minute Movers also experienced **increased motivation and productivity** in the workplace, resulting in a **23% increase in productivity** for that month compared to the year prior.