

## ***BurrellesLuce Express***

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**HEADLINE:** Just a few minutes a day will help you stay healthy, sane during holidays

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The holiday season is a wonderment of calorie-laden activities validated by joy. But the elation ends and regret begins when a visit to the scale reveals the reality of 10-plus pounds. Despite the bustle, there are ways to carve out mere minutes to keep or build a healthy body and retain your sanity during the season. Here's a guide for micro-workouts to match your schedule:

. 10 minutes. Focus on a full-body cardio routine for the entire 10-minute period. Jumping rope reigns supreme in this category. It works your heart, builds endurance, tones your arms and legs, and for women, it is an excellent move to build your bone structure. If you have any knee, hip or back problems, a high-intensity stationary-biking session or swimming are your better options.

. 20 minutes. Split your workout in intervals filled with cardio, strength training, core and cool-down exercises. Warm up with five minutes of jump rope or on a cardio machine such as the elliptical trainer or Step Master. Simultaneously target multiple muscles for a 10-minute strength-training session. Push-ups are ideal for a full upper-body workout. For the lower body, ball squats with dumbbells are great to engage your legs, gluts and core.

. 30 minutes. Dedicate 10 minutes each to cardio, strength, core, mixed with your cool down. Running and jumping rope provide the biggest cardio bang. Next, circuit train on machines starting with your upper body. Zone in on your biceps, triceps, deltoid and pectoral machines for the larger muscles. Sequence working your inner and outer thigh, hamstring and quadriceps. If you have time, work in a set of calf raises. Dedicate your last 10 minutes to working your core with twisting sit-ups holding a light dumbbell or medicine ball.

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***Highlights: Phoenix, PHOENIX, Yvette Craddock, Click Marketing Solutions, Gold's Gym***