

Fitness

Can 10 minutes of exercise really do more than an hour-long run?

It's easy to assume that the longer the workout, the more benefits you get...but is that really true?

Adam MacDougall

🕒 3 min read July 26, 2022 - 8:30AM



10 minutes could make all the difference. Image: Body+Soul, Photography: Michael Comninus, Styling: Irene Tsolakas

Adam MacDougall tells Body+Soul, you only need to set aside 10 minutes in your day to exercise – as long as you do it the right way.

You just need 10 minutes. That's less than 1 per cent of your day. Since I've been out of the world of competitive sport, I've dedicated my life to the fitness, health and wellbeing of both men and women.

We all know the stats – obesity is on the rise, heart disease, mental illness and cancers are taking us out in greater numbers. We're sitting on our backsides a lot more than ever before.

Who hasn't lost someone before their time and thought it didn't have to be that way? I know I have.

Getting fit and healthy doesn't have to mean a life of missing out. I firmly believe in getting rid of the beer belly without getting rid of the beers (well, maybe just a few of them).

None of us have enough time, right? There's work, running the kids to and from activities, countless household chores and the weekly shopping to do.

Throw in family commitments and catching up with friends, endless errands, and maybe some sleep squeezed in there, and it can seem as if there simply aren't enough hours in the day.

So how the heck are you meant to get health-rich when you're so time-poor? Here's how.

You don't need fancy diets or expensive gyms.



You don't need a gym to workout. Image: Supplied

In fact, you can get super fit with very little at all – no matter your budget, location or how many hours you don't have left in a day that's already bulging at the seams.

Scientists at McMasters University in Canada set out to challenge that universal "I don't have time" excuse for not exercising, and found that fitness is more about intensity than time.

In fact, their research revealed that "a single minute of very intense exercise produces health benefits similar to longer endurance training". The 12-week study compared sprint interval training (SIT) with moderate-intensity continuous training (MICT).

The SIT workout included three 20-second all-out cycle sprints within a 10-minute session, while the MICT group carried out 45 minutes of continuous cycling at a moderate pace.

The results were almost identical, even though the moderate group did five times as much exercise. What the researchers proved was that it isn't about how much time we have to exercise so much as how efficient we are with that time

So how do you get fitter and feel better in just 10 minutes a day? Read on...