

## Putting SPARKS into Your Fitness Plan

Think that you need an hour to get the benefits of exercise? Think that you need to constantly measure your pulse? Think that you need expensive machines? Think again!! Based on research by exercise physiologist Dr. Glenn Gaesser, this new program shows how small bursts of activity can lead to big improvements in weight, strength and fitness.

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### 1. The goal = 15 SPARKS per week

Dr. Gaesser believes that small bouts of activity (10-minute SPARKS) provide the same benefits as longer exercise bouts - and he has research to back it up. The key is to fit at least 15 ten-minute SPARKS into every week - up to three 10-minute SPARKS per day.

### 2. The 10-minute aerobic SPARK

There are three basic SPARKS. The first is the aerobic SPARK - a 10-minute period of any activity that gets your heart pumping and your blood flowing. Walk to the store, bike around the block, dance through the living room, climb the stairs or stride down the hall.

### 3. The 10-minute strength-training SPARK

The second type is the strength-training SPARK. Forget complicated exercise apparatus or pricey health club memberships - all you need are some inexpensive hand-held weights and a few basic curls, crunches, and extensions (see *The SPARK* book for simple ideas).

### 4. The 10-minute flexibility SPARKS

Activity experts know that stretches are a vital part of the fitness equation. A flexibility SPARK can also help reduce stress and increase energy. Go for a steady stretch and a gentle pull - like leg lifts and body twists. Yoga moves are full of SPARK possibilities.

### 5. The goal = gradually increasing the SPARK

The SPARK program features a continuous, but gradual, increase in the effort that you put into all three types of activity. The goal is to challenge your body and maximize the fitness benefits - without having to increase the amount of time you spend.

### 6. The goal = maintaining the SPARK forever

The key to success with SPARKS (and any other fitness plan) is to find activities you enjoy - and will do forever. For more information, read *The Spark: The Revolutionary New Plan to Get Fit and Lose Weight, 10 Minutes at a Time* (Fireside, \$12.00).

