

Mayo Clinic Minute

The 'fab 5' exercises to get you moving

Video	Audio
	Not having enough time to exercise is one of the top reasons people tell Mayo Clinic's Danielle Johnson they've given up on their New Year's resolution to get in better shape.
	Johnson is a wellness physical therapist at the Healthy Living Program at Mayo Clinic, and says people should know that every bit of activity counts, and not having a lot of time should not be seen as an obstacle.
00:02:04 DANIELLE JOHNSON HEALTHY LIVING PROGRAM Mayo Clinic	"You don't necessarily have to always get to the gym."
	Johnson has developed an exercise program she says not only helps you get your exercise in during a busy day, but also makes you more productive at work.
	She calls it the "fab 5."
00:02:54	"So it's kind of five simple exercises that you can do in the office to really help reinvigorate yourself. You know, a lot of studies have shown us that once we get up and move and we're active, we're more productive."
	She says it can take as little as five minutes to do chair squats, lunges, desk pushups, chair pushups and toe raises.
00:02:54	"Those things can be really a wonderful thing in just re-energizing you.
	For the Mayo Clinic News Network, I'm Ian Roth.