

Ten minutes to better health

Can't find the time to dedicate to exercise? Or are you too tired to work out? If you answered *yes* to either or both of these questions, you should try breaking your workout into three 10-minute segments each day. Taking three short walks during the day may seem easier and less tiring than one 30-minute workout, and it's just as good for you. Source: National Institutes of Health

Tip of the week brought to you by the Prairie View A&M University Office of Human Resources & Blue Cross Blue Shield of Texas

