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CAN A 4-SECOND WORKOUT COUNTERACT THE HARMFUL EFFECTS OF SITTING ALL DAY?

From the excessive sitting that many of us did with the pandemic-related, stay-at-home mandate during 2020, some of us have gained weight, developed some unhealthy eating patterns, and become less physically fit.

Studies show that sitting all day increases the risk of heart disease, type 2 diabetes, and an increase in triglycerides (fatty acids) in the bloodstream. However, there may be some hope for our inner couch potatoes and those who work in sedentary jobs. A new study from the University of Texas at Austin found that small, 4-second bursts of intense exercise done five times in an hour throughout the day can offset the effects of sitting for long periods—and has more benefit than a one-hour run at the end of the workday.

The study found that the intermittent, intense exertion led to significant improvements in fat metabolism, fitness, and general physical performance in middle-aged and older adults. Great news, as five 4-second bursts of intense exercise an hour can be done anywhere and without sweating at a level that would require a shower or change of clothes.

While the new research is great news for counteracting the bad effects of a sedentary lifestyle, experts are quick to point out that longer workouts and regular, sustained physical exercise is still great to do and provides many additional health benefits.

The great news is that, whether you already exercise or don't currently have that in your routine, everyone can spare 3 minutes per day—all it takes to incorporate five 4-second, high intensity intermittent bursts of exercise per hour during the workday. This time-efficient alternative can be done in your own home or at work, and with no disruption to your day. Added bonus? Desk jockeys are giving their eyes a break from screens, too!

5 WAYS TO “TAKE 5” WHEREVER YOU ARE

Are you wondering what types of exercises you could do for 4-second bursts five times an hour that would be intense enough? It's easier than you think; the exercise isn't as important as the level of intensity. Here are five exercises to try. To achieve the greatest level of intensity, do them as hard and fast as you are able (you should not be able to carry on conversation while doing them).

Air jump rope

With feet together, vigorously jump up and down while swinging your arms in a circular motion as if swinging an actual jump rope over your head. Alternate between jumping with both feet to jumping from one foot to another. (You can use a real jump rope if you have the space for it.)



Jumping jacks

Stand with your feet together and arms at your sides. Jump while spreading your legs shoulder-width apart and raising your arms out and over your head to touch fingertips. Jump, returning to starting position and repeat. Jump higher and faster to increase intensity.



Running in place

Run as fast as you can while swinging your arms as if you were running outside.



Intense biking on a stationary exercise bike or air cycling

Pedal as fast as you can for four seconds. Don't have a stationary exercise bike? You can air cycle by lying flat on your back and “cycling” your legs in the air in a circular motion, as if riding a bike.



Intense dancing

Speed dance your favorite dance steps (YouTube and TikTok can give you a little inspiration if needed!)



Sources: *Medicine & Science in Sports Exercise, Healthline, New York Times, Men's Health, First for Women*



SHRIMP

LOW IN CALORIES,
HIGH IN NUTRIENTS

Shrimp are popular summer fare and are widely enjoyed, sometimes even by people who do not like seafood. This tasty treat is also low in calories (84, for a 3-ounce serving), without carbs (unless you've breaded them), and high in protein (18 grams). Though high in cholesterol, shrimp also provides up to 20 different vitamins and minerals. These include iodine and 50% of the daily recommended intake of Selenium, which promotes heart health and reduces inflammation. Also a good source of omega-6 and omega-3 fatty acids, shrimp is arguably as healthy as it is delicious!

HONEY GARLIC Shrimp

Sweet or savory? Why should we have to choose? This month's recipe is our new favorite and only takes 20 minutes to make. It's a great, must-try recipe.

INGREDIENTS

- 1/3 cup honey
- 1/4 cup soy sauce (we usually use reduced sodium)
- 2 garlic cloves, minced (or 1 Tablespoon minced garlic)
- Optional: 1 teaspoon minced fresh ginger
- 1 lb medium uncooked shrimp, peeled & deveined
- 2 teaspoons olive oil
- Optional for garnish: chopped green onion

For the full recipe and steps, along with many other great recipes, check out Sally's Baking Addiction at sallysbakingaddiction.com!

Recipe source: <https://sallysbakingaddiction.com/quick-healthy-dinner-20-minute-honey-garlic-shrimp/>



TOTAL TIME:
20 mins

COOK TIME:
5 mins

YIELD:
serves 4

PREP TIME:
15 min.

INSTRUCTIONS

- Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. You will use half for the marinade in step 2 and half for cooking the shrimp in step 3.
- Place shrimp in a large sealable container or zipped-top bag. Pour 1/2 of the marinade/sauce mixture on top; give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, we usually steam broccoli and microwave some quick brown rice.)
- Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard used marinade.) Cook shrimp on one side until pink, about 45 seconds, then flip shrimp over. Pour in remaining marinade/sauce and cook it all until shrimp is cooked through, about 1-2 more minutes.
- Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed vegetables on the side.