

HEALTH

# Make a real difference to your health in 6 minutes.



NICOLE MADIGAN  
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When it comes to living a healthy lifestyle, the reality can be very different to the fitspiration posts and humblebrag status updates we see continuously on social media.

The constant stream of [images](#) depicting green smoothie drinking, workout-loving, Zen mothers can leave most of us wondering why we can't make it happen ourselves.

Between driving to work, looking after kids, running a household and trying to have a life, dedicating time to healthy living isn't easy.

But now for the good news. You don't actually need to spend a lot of time to have an impact on your health and wellbeing, nor do you need to do a lot of planning.

*You don't need to be chained to time.*

As little as a few minutes a day will do the trick and have you kicking up your heels in no time.

Here are six ways you can make a real difference to your health in just six minutes.

### 1. High-intensity.

High-intensity anaerobic [exercise](#) burns more fat than cardio does. Sprint for as long as you can, then jog for 30 seconds and sprint again as many times as you can for six minutes. You can run around the block, on a treadmill or on the spot.

*Do this pace for only 30 seconds.*

### 2. Improve.

Strength training is important, particularly for women, but you don't need a lot of time to have an impact. In fact, you don't even need to leave the house. Use furniture, such as a chair for dips, squats, and leg extensions; then do some crunches and push-ups. Ten repetitions of each, three times over is all you need to feel the difference.

*A fitness ball is always handy too.*

### 3. Play with the kids.

If the thought of exercise is enough to make you crave hot chocolate and a sleep, have some fun with the kids instead. Get outside for a quick game of chasey, pop some music on for a dance session or do some skipping.

When you're moving at the same crazy pace as the kids you'll find just a few minutes is all you'll need to leave you feeling energised and most likely smiling too.

*Hanging out with my kids.*

### 4. Pop into the kitchen.

Whipping up a [healthy](#) snack or refreshing drink is an easy and worthwhile pick-me-up. Chop up a quick salad, mix up a smoothie or make your own sparkling water or fruit spritzer to give your body the boost it needs.

*They look good hey?*

### 5. Have a quickie.

We all know sex is a great workout. So pick up the speed and maximize the intensity for an endorphin-inducing energy burn.

*If you say so...*

### 6. Step outside.

With most of us stuck inside for much of the day either at work, with the kids or both, our bodies can crave the sun and fresh air. Allow yourself a few minutes outside to soak up the sun and breathe in the air to make a difference to your mental and physical wellbeing.

*It's good for the soul.*

*Flick through to find some delicious healthy food hacks... (This post continues after the gallery.)*

## Healthy hacks.

*Save money in the kitchen.*

*Hack*

*Save money in the kitchen.*

*Hack*

*Save money in the kitchen.*

*Avocado!Avocado!*

*Hack*

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