

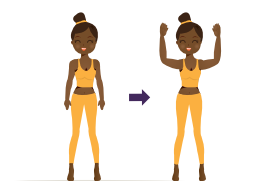


# IMPROVE YOUR HEALTH IN JUST **7 MINUTES** **A DAY!**

We get it. You're busy. But we bet you can squeeze in just 7 minutes for a quick workout! This isn't just any workout. It's packed with short, intense exercises with brief breaks in between, and is proven to be just as - if not more - effective than working out for hours at a time. Yes, it will be challenging. But isn't your health worth being slightly uncomfortable for 7 short minutes?

## Instructions:

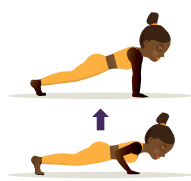
Do each of these exercises for 30 seconds each, with a 10 second break in between.



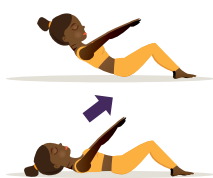
**JUMPING JACKS**



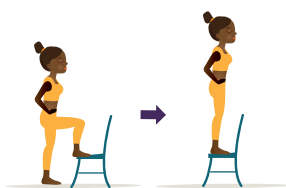
**WALL SIT**



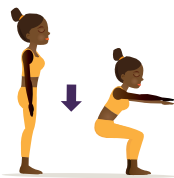
**PUSH-UP**



**SIT-UP**



**CHAIR STEP-UP**



**SQUAT**



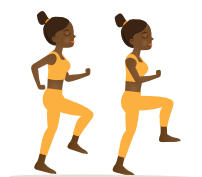
**PLANK**



**TRICEP DIP**



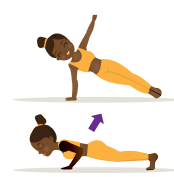
**SIDE PLANK**



**HIGH KNEES**



**LUNGE**



**PUSH-UP & ROTATE**

## SOURCES:

*- The Scientific 7-Minute Workout (May 12, 2013) New York Times Magazine*  
*- American College of Sports Medicine's Health and Fitness Journal (May-June 2013)*

**B** BLACK  
WOMEN'S  
HEALTH  
IMPERATIVE

[bwhi.org](http://bwhi.org)