Physical Activity

With spring right around the corner it's time to start thinking about coming out of hibernation and moving. All you need is 15 minutes to get started.

In less time than it takes to watch another rerun, you can blast calories and increase your chance of a long life. Just 15 minutes of exercise a day can extend your life by 3 years, according to recent research from Taiwan. The study tracked more than 400,000 people over 13 years and found that participants who completed 15 minutes of moderate exercise a day increased their life expectancy by an average of 3 years compared with inactive individuals. The quarter-hour of activity has other benefits also. The researchers were able to draw a connection between daily exercise and a lower incidence of cancer. And, of course, while you're at it you'll also burn calories—sometimes close to 200 in just 15 minutes.

Putting in your time can often be accomplished by doing activities you love, without setting foot inside the gym. Here are some suggestions to get moving.

Jumping Rope
Burn: 167 calories in 15 minutes
It is a full-body workout. A mere 15 minutes of hopping—done either continuously or in short intervals with rest—will melt more than 150 calories.

Mountain Biking
Burn: 150 calories in 15 minutes
Take your two-wheeler for a quick ride. Just 15 minutes on moderate terrain will vanquish 150 calories.

Doing Hot Yoga
Burn: 125 calories in 15 minutes
The 105°F temperature of the room will help you shed calories in a hurry. Research has shown that yoga may also relieve anxiety and back pain.

Riding a Stationary Bike
Burn: 115 calories in 15 minutes
The stationary bike a great option for people with injuries or individuals who want to go easy on their joints.   You will still shed more than 100 calories in a quarter-hour workout.

Hitting a Punching Bag
Burn: 100 calories in 15 minutes
A quick punching session will help you alleviate any pent-up aggression and is also a good way to work your biceps, triceps, shoulders, and upper body. Fifteen minutes of slugging will knock out 100 calories.

Hiking
Burn: 100 calories in 15 minutes
You'll need to hike only a quarter of an hour up a moderate hill to leave 100 calories in the dust.

Swimming
Burn: 100 calories in 15 minutes
The next time you hit the pool or beach, hop into the water instead of onto the lounge chair. A slow, leisurely swim for 15 minutes will do the trick. If you're able to take a dip in the ocean, even better—you'll burn more calories when you're fighting the waves.

Walking
Burn: 46 to 100 calories in 15 minutes (2 mph to 4 mph)
The general rule is walking 1 mile burns 100 calories. Depending on how quickly you're hoofing it, you could walk off up to 100 calories in just 15 minutes! If you don't have time for an extended jaunt, find reasons to walk more throughout the day. Park farther away from your destination, walk over to a coworker's desk instead of sending an email, or stroll to lunch instead of having it delivered.

Dancing
Burn: 75 calories in 15 minutes
The next time you're at a wedding reception, leave your inner-wallflower behind and get on the dance floor. If you boogie for just 15 minutes you'll shimmy off 75 calories according to Gans, which means you can feel less guilty about munching cake. Just think about how much you'll burn if you groove through the entire reception!

Weeding the Garden
Burn: 75 calories in 15 minutes
In addition to burning nearly 100 calories, while you're outside you'll get a supply of Vitamin D from the sun, which is enormously beneficial. The nutrient's been linked to bone health and weight loss.

Window Shopping
Burn: 38 calories in 15 minutes
As fall fashions hit stores; don't be shy about checking them out. A stroll through the mall could help you fit into a smaller size. By walking around and browsing for an hour, you'll lose 150 calories; a 15-minute errand will blast close to 40.

Everyone has 15 minutes!

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