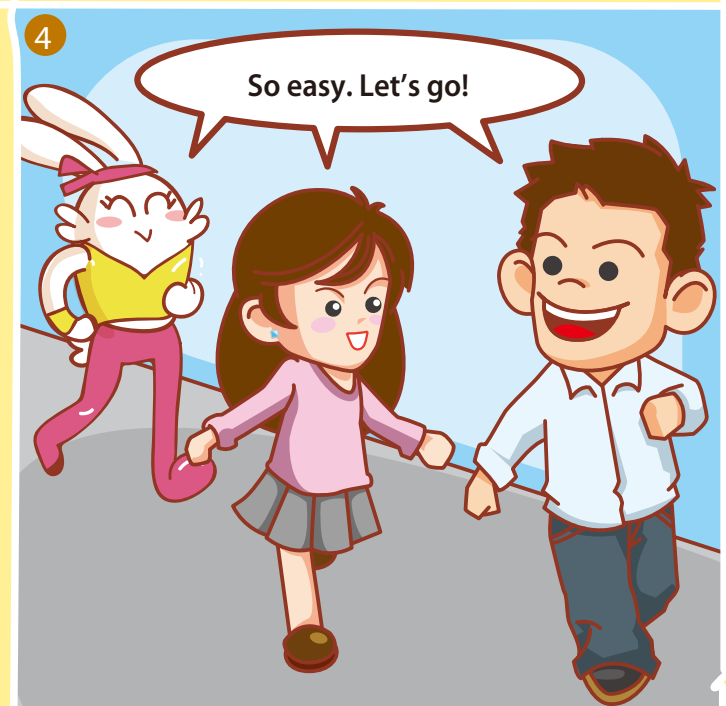




Exercise can be divided up into short sessions:  
The health benefits of three 10-min sessions a day is equivalent to those of one 30-min session a day.



Researches show that even 10 minutes of physical activity of moderate intensity is beneficial to health.

