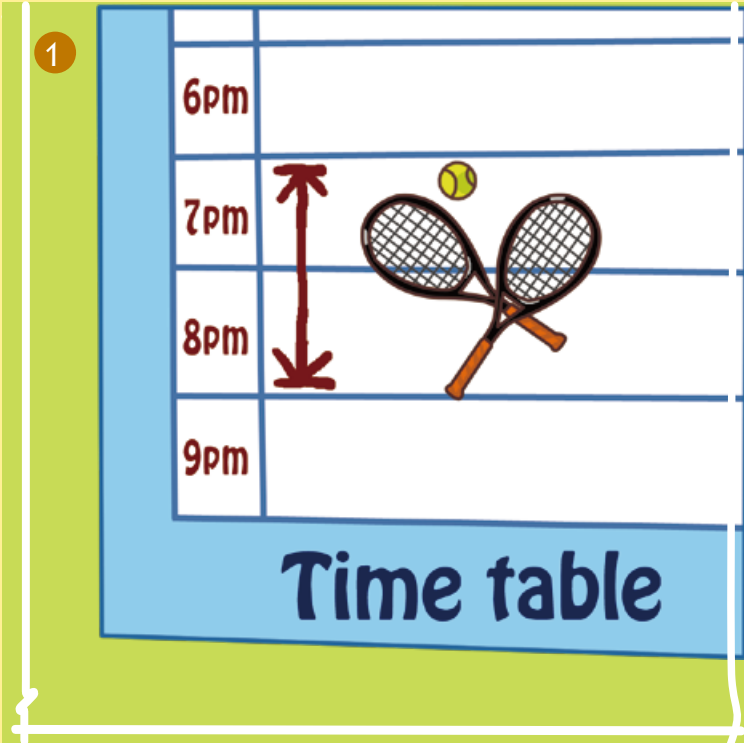




Exercise can be divided up into short sessions:  
The health benefits of three 10-min sessions a day is equivalent to those of one 30-min session a day.



Remember, if you cannot do one 30 minutes exercise a time, dividing it into multiple sessions can also provide similar health benefits.

