

**Mission In Motion**  
Health & Wellness Weekly Bulletin  
June 2012—Physical Activity



**June 1, 2012—Week 1**

**Ten minutes to better health**

Can't find the time to dedicate to exercise? Or are you too tired to work out? If you answered yes to either or both of these questions, you should try breaking your workout into three 10-minute segments each day. Taking three short walks during the day may seem easier and less tiring than one 30-minute workout, and it's just as good for you.

Source: National Institutes of Health

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