



Quickie runs count, too: Add intervals to get more body benefits from shorter hauls.

12 Ways to Blast Calories in a Hurry

Can't make it to the gym? Slip these almost effortless moves into your day to burn fat as you go.

By LAUREL LEICHT

➔ SO YOU OVERDID IT ON gingerbread lattes at Starbucks or grabbed too many fast-food meals after marathon shopping trips? No biggie—as long as you stay active. “A lot of people skip workouts completely when the holidays get busy and promise they’ll exercise in January,” says Mike Donovanik, a personal trainer in Los Angeles. “But it’s that much harder to motivate

when you’ve skipped the gym for two-plus weeks.” While you don’t have to maintain your exact same exercise routine, keeping your body in motion will help you balance out the indulgences and start the year strong. To help you do that on the quick, we’ve rounded up a dozen research-backed ways to get more out of your workouts and improve your metabolism to boot.

1/Move on Up

Here’s a thought: Take a 10-minute break from present wrapping or online shopping to walk up and down the stairs in your house or apartment—you’ll say goodbye to about 100 calories, says Donovanik. You’ll also feel less tense and cramped up. Run up and down those stairs instead and you’ll zap the same number of calories in half the time.

4/Take a Long Winter’s Nap

If you’re actively watching your weight this season, know this: Research from the University of Chicago found that dieters lost 55 percent less fat when they slept for 5½ hours than when they slept for 8½ hours. To settle into slumber more easily, avoid lit screens, food and, yes, booze for a full two hours before bed.

2/Start the Day with Exercise

Before you scarf down meal number one, get moving: Working out first thing in the morning can help you lose 20 percent more fat than exercising after breakfast, found a 2013 study in the *British Journal of Nutrition*. See 1-Minute Mega-Burners, right, for a quick HIIT regimen.

3/Keep It Short

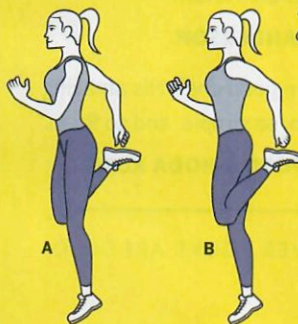
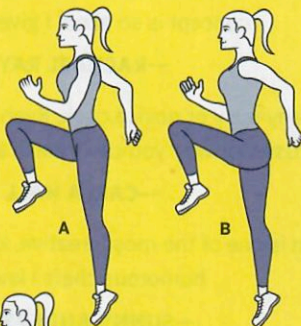
Usually work out for 30 minutes? Exercise for a third of that—but go hard! “An intense 10 minutes jump-starts your metabolic furnace and equals about 20 or 30 minutes at a moderate intensity,” says Jordan Metz, MD, author of *Dr. Jordan Metz’s Workout Prescription*. If you can’t spare the full 10 minutes, you can sweat for even less time: According to a 2013 study from Colorado State University, exercising for just 2½ minutes at a high intensity (think running or biking sprints) can help you burn 200 more calories over the rest of the day.

1-MINUTE MEGA-BURNERS

Got 60 seconds? Knock out one of these four do-anywhere no-gear exercises from Alonzo Wilson, founder and director of training at Tone House in New York City.

HIGH KNEES >

Run in place quickly, bringing right knee toward chest (A), then left knee (B).

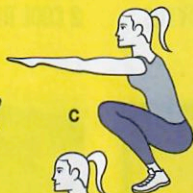
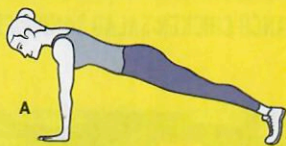
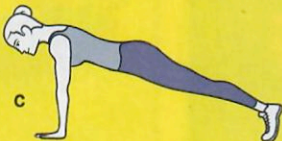
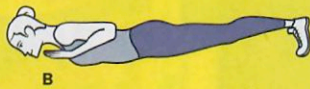
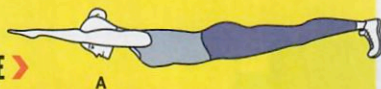


< BUTT KICKS

Run in place, kicking right heel up toward butt (A), followed by left heel (B).

HAND-RELEASE > PUSH-UPS

Lie facedown; extend arms out (A). Pull hands in toward armpits (B), then place on floor near chest. Press up into a push-up (C). Lower back to "A" and repeat.



> PLANK TO TUCK JUMP

From plank (A), bring left knee toward chest (B); return to plank. Jump legs forward into a squat (C). Jump up, bringing knees toward chest (D). Land in squat, then jump out to plank. Repeat move with right leg.

5/Keep Burning

Going for a jog before a night out is a great way to crush calories, but if you strength train, you'll continue to fry fat post-workout. To maximize the afterburn, do "weight-bearing exercises involving the most muscle mass," such as mountain climbers, push-ups and lunges, advises Len Kravitz, PhD, program coordinator of exercise science at the University of New Mexico.

6/Take a Walk...

Stroll around the block for 15 minutes and you'll torch nearly three times as many cals as you would by sitting for the same amount of time, says a new study in the *Journal of Physical Activity and Health*. Plus, walking after a meal will help you digest that holiday fare.

7/...and Pick Up the Pace

"Speed is key—move, walk or run a little faster and you'll burn more total calories," says Kravitz. In fact, changing up your walking pace quickly and frequently can help you melt up to 20 percent more calories, compared with maintaining a constant speed, according to a 2015 study from The Ohio State University. Try speeding up for 30 seconds, then walking at a comfy pace for three minutes.

8/Just Dance

Grooving hard while celebrating with pals can blast even more calories than running, swimming or cycling, per recent research from the University of Brighton in England.

9/Shovel Off!

Say no to snowblowers: "Shovel your driveway and maybe your neighbor's, too—because holiday cheer—and you'll burn more than 400 calories in an hour," says Donavanik.

10/Try on Tabata

For this lightning-fast workout, pick four total-body moves (plank jacks, jump squats, etc.). Do one for 20 seconds, rest for 10 seconds, then do it again. Continue to the next move and repeat. The routine is just four minutes long—and you'll torch 13½ calories a minute and double your calorie burn for half an hour afterward, per research from Auburn University in Alabama.

11/Shake a Leg

Enjoying a holiday-movie binge? During commercials, stand up, pace and fidget. Mayo Clinic research shows that doing this can crush an extra 350 calories over the course of a day.

12/Don't Forget to Laugh—Often

This season is all about joy. Find yours and share some laughs with your family and friends. Doing so for 10 to 15 minutes can burn as many as 40 calories. Imagine an entire day filled with giggles—the good times and calorie blasting will surely add up. ■