THE FRONTLINE VIGOR BRIEF

ISSUE #1 | Your Time. Your Goals. Your Fitness. | NOV 2026

Why 15 Minutes of Physical Activity Can Make a Difference

Between long shifts, family responsibilities, unpredictable schedules, and everyday stress, finding time to exercise can feel impossible. But here's something encouraging: **You don't need an hour at the gym to start improving your health.**

According to the Centers for Disease Control and Prevention (CDC), some physical activity is better than none. Even short sessions of movement can contribute toward your weekly activity goals.

Whether you're a police officer, firefighter, paramedic, nurse, doctor, shift worker, or someone simply trying to get healthier, **15 minutes can be a great place to start.**



WELLNESS SPOTLIGHT

What Does the Science Say?

Physical activity is one of the most effective ways to improve overall health and well-being. But here's something many people don't realize: **You don't need to exercise for an hour at a time to experience benefits.**

According to the CDC, even a single session of moderate-to-vigorous physical activity can provide immediate benefits, including reduced feelings of anxiety and lower blood pressure.

Regular physical activity can also:

- Improve cardiovascular health.
- Support brain health and mental well-being.
- Improve sleep quality.
- Strengthen muscles and bones.
- Reduce the risk of several chronic diseases.

HOW MUCH EXERCISE DO YOU NEED?

The CDC recommends that adults aim for:

- **150 minutes** of moderate-intensity aerobic activity per week, or **75 minutes** of vigorous activity, or an equivalent combination.
- **2 days** of muscle-strengthening activity each week.

These are goals to work toward, not requirements you must meet immediately.

THE TAKEAWAY

Short exercise sessions count toward your weekly activity goals when performed at sufficient intensity. Even lighter movement has value, especially when replacing sedentary time.

For busy first responders, healthcare professionals, and shift workers, **15 minutes can be an excellent starting point toward a healthier lifestyle.**

Start where you are. Build gradually. Stay consistent.

FITNESS IN ACTION

Your 15-Minute Movement Challenge

NO GYM? NO PROBLEM!

You don't need an expensive gym membership or specialized equipment to begin improving your cardiovascular fitness. Walking is one of the simplest and most accessible ways to become more physically active.

YOUR 15-MINUTE WALKING WORKOUT

MINUTES 0–3: WARM UP

Begin walking at a comfortable, easy pace. Allow your muscles and cardiovascular system to gradually adjust to the activity.

MINUTES 3–13: PICK UP THE PACE

Increase to a brisk walk. Aim for a pace that raises your heart rate and breathing while still allowing you to carry on a conversation. This is called the **Talk Test**, a practical way to estimate moderate exercise intensity.

MINUTES 13–15: COOL DOWN

Gradually slow your walking pace. Allow your breathing and heart rate to return toward their resting levels.

REMEMBER: PROGRESS, NOT PERFECTION!

If brisk walking is too challenging, slow down. Start at your current fitness level and gradually increase your pace or duration as your endurance improves.

Fifteen minutes today can be the beginning of a healthier tomorrow!

> **SAFETY FIRST**
> Stop exercising if you experience chest discomfort, dizziness, faintness, unusual difficulty breathing, or sharp pain. Seek urgent medical assistance for serious symptoms. In a U.S. emergency, call 911.

PHYSICAL ACTIVITY GUIDELINES



Intensity varies with pace and individual fitness level. A combination of moderate and vigorous aerobic activity also counts toward your weekly goal.

Source: CDC — Adult Activity: An Overview

ONE SMALL CHANGE

Your 15-Minute Challenge

Small steps. Meaningful progress.

This week, make a commitment to yourself: **three 15-minute walking sessions.**

That's 45 minutes of planned movement toward a healthier, more active lifestyle.

Start where you are. Build gradually. Stay consistent.



FINAL THOUGHTS AND REFERENCES

FINAL THOUGHTS

Getting healthier does not require perfection. It starts with small, consistent steps.

If you are short on time, low on energy, or just getting started, remember this: **doing something is better than doing nothing.**

A 15-minute walk, a short workout, or simply moving more during the day can help you begin building a healthier lifestyle.

Start where you are. Build gradually. Stay consistent.

Thank you for reading the first edition of **The Frontline Vigor Brief.**

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Disclaimer: This publication provides general fitness and wellness information for educational purposes only. It is not a substitute for individualized medical advice. Consult a qualified healthcare professional when appropriate before beginning a new exercise program.

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