

THE EXTRA POINT

BY JERRY ROBERTS



326 Hey – You Got 10 Minutes?

If I asked you to give me 10 minutes and I'd make you healthier and happier, would you do it? I'm Jerry Roberts and today I'm going to give you five 10-minute ideas, that you'll be glad you took on. It's coming next, on The Extra Point.

What can you do in 10 minutes? Here's a handful of ideas that will perk you up.

1. Learn to make fast healthy meals. You don't have to be a great cook to make great food. Between Google and YouTube there must be hundreds of sources for recipes you can make in a flash. *Healthy 10 Minute recipes, 10 Minutes or Less Recipes, Best 10 Minute Recipes, 31 Meals You Can Make in 10 Minutes, Best Ever 10 Minute Recipes*, and on it goes.

If you want to splurge on time, there are a lot more for 15, 20, and 30 minutes. Try a new one just once a week, and at the end of a year you'll be able to make 52 separate fast meals. Everybody marvels at someone who knows their way around a kitchen. Do this and you'll surely gain the admiration of family, friends, and coworkers, who will hail you for being a culinary superstar.

2. Read a book in 10 minutes. I know, I know, you don't have time to read. If you go online and search for "book summaries" you'll find numerous choices that pull out the key ideas from many of the latest best-selling books, as well as hundreds or even thousands of titles over recent years. I know people who read a book a day, just this way. It's cheap, it's fast, and you get to fill your head with useful information.

3. If you're physically able to exercise but you have a tough time squeezing workouts into your routine, here's a simple way you can do it in your kitchen. Four exercises, two sets each, 30 seconds rest in-between. Pushups, two sets. Do them on the floor if you can. Start on

your knees if you need to. Or you can stand and push against the table or wall. Shoulder press, two sets. Use plastic one-gallon water jugs or a bag of dog food for the weight and push it up over your head. Next, squats with no weights, two sets. Don't want to do that? Try lunges, or google "wall sit." Last, just run in place for two sets, trying to keep your knees high. Four exercises, eight sets, 10 minutes. Not enough for you? Then gimme 10 minutes of burpees.

4. Let the ideas roll. Sit down and write out 10 new ideas in 10 minutes. Business concepts, or maybe just things you think are cool. Don't edit in your head or worry the ideas are too goofy. Just write.

5. Revive an old relationship with a 10-minute call. How many friends do you have, or maybe even family members who you haven't spoken with in a long time? Think about it. Classmates, former coworkers, old neighbors, and more. With Whatsapp, Facebook Messenger, Skype, Google Voice, FaceTime and others, the calls can be free. Who would you love to catch up with? Make a list and knock out those calls, even if all you have is 10 minutes. What if you did one of those each day?

It's amazing what you can do in just 10 minutes. Feed your body, feed your mind, increase your level of fitness, rev up your creativity, and rev up old relationships. You don't have a lot of time? Come on, everybody can find 10 minutes.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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