

Got 10? Yes, Working Out for 10 Minutes Can Improve Your Health

Let's face it. During the pandemic many of us developed some pretty bad eating and exercising habits. Some say that the 19 in COVID-19 refers to how many pounds we have added on. But we have a simple hack for getting into shape: 10-minute workouts.

As we juggle the tough demands of our work and home lives, finding time to exercise can be challenging, but we know that being physically active has many important health benefits. Exercise reduces our risk of diseases like cancer and strengthens our muscles and bones. Are you getting enough exercise? If not, you're not alone. Almost 80% of Americans avoid working out simply due to time constraints.

Can 10-minute workouts be the answer? Yes it can, Certified Strength and Conditioning Specialist Lauren Stobbie told *Women's Health Magazine*. "Science has shown that doing mini-workouts throughout the day are just as effective as one long workout. You can gain muscle, boost your metabolism, and lose weight."

Here, from *smokefree.gov*, are some activities to help you get the most out of 10 minutes:

"10 Minutes of Cardio"

Cardio, short for cardiovascular exercise, is any movement that increases your heart rate and blood circulation. Any form of cardio burns off calories.

- Use 10 minutes of your lunch hour to go for a brisk walk.
- Walk up and down the stairs at work for 10 minutes.
- Work off some of the stress of the day by exercising to your favorite music for 10 minutes (about three songs).

10 Minutes of Strength Training

You don't need a gym membership to start getting stronger. There are ways to strength train at home.

- Start your day with 10 minutes of strengthening exercises, such as lunges and bicep curls.
- While watching TV, slowly and carefully lift and lower weights



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for 10 minutes. Use dumbbells, barbells, or whatever weights you have on hand, such as water bottles or bricks.

- If you're on a long phone call, do 10 minutes of squats or calf raises to strengthen lower-body muscles.

10 Minutes of Stretching

Whether you drive, stand, or sit at a desk for long periods, aim to change position and stretch for 10 minutes at least once a day. Two times a day is even better to improve overall fitness.

- After a walk, add 10 minutes of your favorite stretches to improve flexibility and balance.
- Download an app that features a 10-minute stretching routine.
- Search *YouTube* for free stretching workout videos. You'll find many quick routines for a variety of skill levels, from beginner to advanced."

Got 10?

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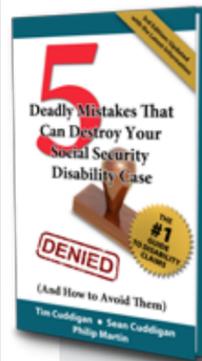
Word Search

H U Y G H C O O R B G X E T
 A W R L H H B S D A O G E O
 R Q I A E O R K E L R M S U
 N U S N A R E S D I E U T R
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 X N A S R A B B I C L A C K

Align	Diluted	Joins	Spite
Baling	Dirge	Misconceptions	Sprawl
Bandies	Dulls	Noddled	Strode
Berth	Dusts	Ordained	Sunned
Bogged	Flesh	Queens	Superficially
Breed	Gland	Rabbi	Tours
Brooch	Gores	Ranks	Winks
Casks	Harnesses	Safes	
Chases	Hence	Serum	
Chords	Hymns	Sincerely	
Clack	Inspid	Snares	
Corns	Iotas	Solicits	

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“5 Deadly Mistakes That Can Destroy Your Social Security Disability Case” is the #1 guide to improving the odds of winning a disability case.

For a FREE copy for you or someone you care about call Cuddigan Law at 402.933.5318 or email us at lawteam@cuddiganlaw.com

For Veterans Waiting on a Disability Decision Relief May be in Sight

During the COVID-19 pandemic, the backlog of disabled veterans waiting on decisions about their cases has ballooned from 76,000 compensation and pension claims (over 125 days) in March 2020 to 212,000 in March 2021 and the caseload is expected to peak this summer at around 240,000 claims.

But the VA promises it will pare down the backlog. The \$1.9 trillion coronavirus economic relief package, known as the American Rescue Plan Act, allocated \$17 billion in support of the VA’s nationwide response to the pandemic with \$262 million earmarked for reducing the backlog of VA disability cases.



Thomas Murphy, the Acting Under Secretary of Benefits for the VA, speaking to Phoenix TV station KPHO, said there two main factors that contributed to

the growing backlog; delays in accessing records and delays with veterans getting required medical exams. “Now, we have mass vaccination,” Murphy says. “We have social distancing. We have clinics where we schedule appointments so that we’re not overlapping veterans. Now is the time, if you’ve got a claim pending, to contact the people that called you to say they wanted to do an examination and say, ‘I’m ready to come in to get my exam done.’”



Comfort Food

From the kitchen of Janet Cuddigan

Honey-Cinnamon Peaches on the Grill

Grilling season is in full swing and there is almost no limit to what you can cook on your grill—even desert. I think you’ll enjoy this sweet treat that is like peach cobbler without the crust.



- 1 (16 ounce) package frozen peach slices
- ½ cup honey
- 2 tablespoons cinnamon

Preheat a grill for medium heat.

Place peaches onto a large piece of aluminum foil. Use two if necessary to hold in all of the peaches without spillage. Drizzle the honey over the peaches, and sprinkle with cinnamon. Close up the foil, sealing tightly.

Place the foil packet onto the preheated grill, and cook for 10 minutes, turning once halfway through. Carefully open the packet, and serve.

Adapted from allrecipes.com

SSI Recipients May Qualify for a \$50 a Month Internet Benefit



The “digital divide”—that gap between individuals who do and do not have access to technology devices and high-speed internet—has become more noticeable in recent months. Because the coronavirus pandemic has made distance learning a norm, we have learned how dependent we are on fast and reliable broadband internet connections, but for many American families with low incomes, this kind of internet service is unaffordable.

However, there is some good news. You may qualify to receive up to \$50 a month off your monthly internet bill under a new federal program called the Emergency Broadband Benefit Program (EBBP). Households can qualify for this program based on several criteria, comprising income level and eligibility for Supplemental Security Income (SSI) benefits, the National School Lunch Program (or the Community Eligibility Provision of the NSLP), or Supplemental Nutrition Assistance Program (SNAP). (There are several additional ways to qualify including the loss of a job or substantial income in the past year due to the pandemic.) To determine if you qualify and to apply for EBBP benefits navigate to getemergencybroadband.org/. Participating internet providers (dozens of internet companies in Nebraska and Iowa are participating in this program) can answer your eligibility questions and guide you through the application process, and fill you in on what plans are available at a discount.

Other key facts about EBBP:

- Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.
- The \$50 discount on your internet bill won’t last forever. This is a temporary program which will end once it runs out of money (\$3.2 billion has been allocated), or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever comes first. From then on you’ll need to either cancel your service or pay the regular rate to keep on using it.
- The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

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Are you a disabled veteran?

Before you apply for VA disability benefits call Cuddigan Law at 402.933.5318 or email us at lawteam@cuddiganlaw.com for your FREE copy of our book *The Essential Guide to VA Disability Claims*.