

How Much Should I Exercise?



why should I exercise?

It is not a secret that engaging in regular exercise is key to achieve an optimal health status. Nowadays, we receive messages that are geared towards achieving wellness and a healthy lifestyle. When in the past, we were bombarded with messages favoring exercising only for weight loss..

It turns out, that regular exercise can improve one's wellbeing and health status, independently of weight status. It helps reducing all-cause mortality, CVD risk and mortality, Type 2 Diabetes and cancer incidence, and unhealthy weight.

Takeway...

- Inactive adults have higher risks associated with sedentarism.
- Doing light activity will give you some health benefits.
- More active adults have less risk, but not zero, unless doing very high levels of PA.

How much is enough to get the benefits?

By now you got the point, exercise is good for you, but how much is enough to receive the benefits? We got answers for you! In 2018 the Physical Activity Guidelines for Americans came with the following parameter:

Physical Activity

Moderate Intensity	Vigorous Intensity
Can talk, but not sing	Can't talk easily
1 150 -300 min. spread out over the week Examples <ul style="list-style-type: none"> • Walking 3 mph (20 minutes/mile • Ballroom dancing • Double tennis • Biking < 10 mph • General gardening • Playing frisbee • kayaking 	1 75 - 150 min. spread out over the week Examples <ul style="list-style-type: none"> • Racewalking • Jogging • Running • Singles tennis • Aerobic dancing • Biking >10 mph • Heavy gardening • Hiking uphill
or	
2 Muscle-straightening 2 times per week that involve all major muscles.	
3 Avoid Inactivity - move more, sit less.	

Sources

Physical Activity guidance for Americans 2nd edition

Diaz KM, Hutto B, Colabianchi N, et al. Patterns of sedentary behavior and mortality in U.S. middle-aged and older adults: A National Cohort.

Young DR, Hivert M-F, Alhassan S, et al. Sedentary behavior and cardiovascular morbidity and mortality: A science advisory from the American Heart Association.