

**Edward Laskowski**  
**Mayo Clinic Sport Medicine Center**

**Transcript**

**How running is good for you**

"It's consistent with all the other research that we're seeing that if you get out there, get moving, you're going to benefit your body, your heart and lung systems as well as certain cancers. And this study kind of boiled it down to about 52 minutes of running and that's if you look at our current physical activity guidelines for Americans it's 150 minutes of moderate intense activity or 75 minutes of vigorous activity, running is pretty vigorous, so just a little bit less than that in this study was found to be very beneficial for improving longevity and also for heart and lung status as well as protection from certain cancers."

**Get Activity into your day**

"The more you can get activity into your day, it doesn't have to be that extreme as running a marathon and this study points out that in some cases, maybe there's some deleterious effects of doing that much of exercise, but that sweet spot of finding that middle ground of doing something consistently during the week, maybe incorporating interval training into your workout to make it more efficient and getting more back for you buck really reaps a lot of benefits."

**Activities other than running**

"You many have arthritis in the knees or hips or problems, low impact activity is very good too. Walking is great and multiple similar studies have shown that regular walking and getting those minutes of activity per week and walking are just fine, so if you like to walk that's great and its low impact on the joints. Other activities include elliptical trainers, stationary bicycles, water exercise. These are all low impact forms of getting you moving and getting you active."

**Start slow**

"Start slow. Take it easy at first walk, maybe you walk for 5, 10 minutes, maybe you split it up three times a day five minutes, next week maybe you do 6, next week maybe 8, next week maybe 10 and gradually increase over time, that's really the key. For strength training we really want you to

get a good foundation for what you do, so meeting with a sports and fitness professional who can take you through the proper technique for weight training is just really crucial because a lot of people hurt themselves doing strength training. You want to make sure you have proper technique when you do it."