

Mayo Clinic Minute

The benefits of your weekend warrior workout

VIDEO	AUDIO
Roth	Exercise: it doesn't just help us lose weight.
(41:37 – 41:44) RAEGAN FROELICH HEALTH & WELLNESS COACH Mayo Clinic	"It's shown to reduce risk of cardiovascular disease. Helps us build muscle mass."
Roth	The World Health Organization recommends 75 minutes a week of vigorous exercise, or 150 minutes of moderate exercise. But many people have a hard time finding that much free time during the week to get to the gym.
Roth	However, a new study found that so-called Weekend Warriors, people who get their week's worth of exercise on the weekends, may still get most of the same health benefits as those who exercise regularly throughout the week.
Froelich (43:04 – 43:13)	"They're finding out that in research no matter how you're actually getting your activity in, as long as you're being active and moving around, it's benefiting your life and your heart."
Roth	In fact, Mayo Clinic health and wellness coach Raegan Froelich says the study proves people shouldn't get discouraged if they can't always make it to the gym.
Roth	She says any physical activity is better than nothing.
Froelich (44:24 – 44:27)	"Find a parking spot that's a ways away from the area that we're going."
Froelich (44:40 – 44:42)	"Mowing lawn, shoveling snow."
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Ian Roth.