

Mayo Clinic Minute

How much exercise do you need?

Video	Audio
Vivien Williams	Aerobic exercise is good for you. We all know that. But how much do you really need?
Stephen Kopecky, M.D. Cardiology Mayo Clinic	“Most of us feel that you need to be active at least three or four times a week. Why? Because our bodies are set up that if you don’t use your muscle, within about 48 hours, it starts to do bad things.”
Vivien Williams	Dr. Stephen Kopecky says those bad things include muscle shrinkage, because your body thinks it doesn’t need the muscle anymore, and an increase in belly fat.
Vivien Williams	The American Heart Association recommends healthy adults get 150 minutes of moderate activity per week, or 75 minutes of vigorous activity per week. Dr. Kopecky says interval training is a great way to get good results in a short amount of time.
Stephen Kopecky, M.D.	“If you can do like three intervals, going hard for a minute or two, getting your breath back, and then going hard a couple for a minute or two...”
Vivien Williams	You get the same benefits in 10 minutes of intervals as you do in 45 minutes of steady state. Moving reduces your risk of heart attack, stroke, some cancers, diabetes and Alzheimer’s disease. For the Mayo Clinic News Network, I’m Vivien Williams.