

Mayo Clinic Minute: New fitness guidelines for the new year

VIDEO	AUDIO
Jason	The point of the new fitness guidelines.... just move, and anything counts.
Michael Joyner, M.D. Anesthesiology Mayo Clinic	“A minute here, a minute there — whatever you can do, whenever you can do it is fine, and it adds up in a positive way.”
Jason	Not wanting to discourage people from exercising, the new federal guidelines eliminate the expectation that physical activity occur in 10-minute blocks.
Dr. Joyner	“There was new observational evidence that almost any level of exercise was useful, and that it could be in smaller bites than 10 minutes.”
Jason	Like parking your car at the back of the lot, taking the stairs instead of the elevator or walking your dog around the block.
Dr. Joyner	“The goal is just to build up a large cumulative amount over the day and to try and get as much incidental physical activity as possible.”
Jason	The guidelines still call for at least 150 minutes a week of moderately intense aerobic exercise, such as briskly walking, biking or swimming, and two weekly sessions of muscle training activity, like lifting weights, yoga, or heavy gardening and yardwork.
Jason	For the Mayo Clinic News Network, I’m Jason Howland.