

Mayo Clinic Minute

A little moving goes a long way for heart health

Video	Audio
Vivien Williams	We all know that exercise is good for us.
Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic	"The guidelines say to get 150 minutes of exercise a week, or if it's vigorous, do 75 minutes a week. And people still — maybe 1 in 10 people in America — do that."
Vivien Williams	Dr. Stephen Kopecky says that's a problem.
Stephen Kopecky, M.D.	"It's not anymore about the 'what.' We know we need to be active. It's not about the 'why' because it lowers so many of the bad things that happen to us throughout life — not just heart disease. It's all about the 'how.' How can we do it with our lifestyle being as incredibly busy and packed as it is?"
Vivien Williams	He says if you do two things, you will be healthier.
Stephen Kopecky, M.D.	"One is not to be sedentary, meaning don't sit. At least get up every hour and move around."
Vivien Williams	The second thing is to be vigorously active. No time for the gym? No problem. Go up several flights of stairs as fast as you can a few times a day.
Stephen Kopecky, M.D.	"I call it accidental exercise, meaning put yourself in the situation where you kind of have to do it."
Vivien Williams	Park in back of the lot so you have to walk, and skip the elevator at work. Moving more throughout the day can improve your heart health.

For the Mayo Clinic News Network, I'm
Vivien Williams.