

Mayo Clinic Minute: Weekend warrior exercise tips

VIDEO	AUDIO
Jason	If you're a weekend warrior when it comes to exercise, Mayo Clinic orthopedic surgeon Dr. Anikar (AH-nih-car) Chhabra (SHAH-brah) says try cross-training.
Anikar Chhabra, M.D. Orthopedic Surgery Mayo Clinic	"I suggest biking, elliptical, swimming, walking, hiking."
Jason	Doing those different physical activities works different muscles, decreases your chances for overuse injury, it's easier to motivate yourself, and it's better for overall fitness.
Dr. Chhabra	"I tell my patients: 'Don't go out just one day on the weekend. You have to try to work out several times a week.'"
Jason	The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, split up over three to four days. It also is recommended to get two days of strength training.
Jason	But first, make sure you see your health care provider for an annual physical. And if you're just starting out, don't overdo it all at once.
Dr. Chhabra	"When we talk about weekend warriors, we worry mainly about muscle and tendon sprains or tears."
Jason	You can prevent them by stretching before workouts.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.