### Mayo Clinic Minute: Stacking your exercise over the weekend

<table>
<thead>
<tr>
<th>Video</th>
<th>Audio</th>
</tr>
</thead>
</table>
| Exercise is key to a healthy lifestyle. For those on a time crunch, stacking weekly exercise into a couple of days comes with the title "weekend warrior." | Wes Troyer, D.O.  
Physical Medicine and Rehabilitation  
Mayo Clinic  

“Things like running, jogging, high-intensity workouts, ideally, the more that you can do, the better.” |

“People that did this, lowered mortality, lowered cardiovascular events.” |

At least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous activity is recommended for adults each week. |

“We don't expect people that have gone from a sedentary activity of not doing anything to jumping into 150 minutes a week. So taking days of break in between, assessing how your body responds to that activity.” |

Repeating the same motions or ramping up too quickly could lead to overuse injuries, inflammation and pain. |

“If you take a couple days off and it's still persistent pain with the daily activity — pain that keeps you up at night or keeps you from sleeping — these are all things that we typically recommend people coming in to be evaluated.” |

For the Mayo Clinic News Network, I'm Alex Osiadacz.