

Mayo Clinic Minute: Walking is a step towards heart health

Video	Audio
	“Walking is perhaps the easiest, most affordable and one of the most effective types of physical activity that humans can do.”
	How many daily steps should you take? It depends, says Mayo Clinic Dr. Francisco Lopez-Jimenez.
Francisco Lopez-Jimenez, M.D. Cardiovascular Medicine Mayo Clinic	“For a 25-to-30-year-old person, walking 6,000 steps a day is probably too little, whereas for an 85-year-old person, walking 5,000 steps is actually very good.”
	And make walking part of your daily routine. Use the stairs, walk your dog, park away from the store entrance.
	“I think people should be walking every day, even for a few minutes at a time and even if it is just 15 or 20 minutes a day.”
	Take a break from your desk and take a walk. It’s good for your head as well as your heart.
	“Walking has many interesting effects on our health — not just cardiovascular but even mental health.”
	For the Mayo Clinic News Network, I’m Joel Streed.