How much exercise do you need, and what kind?

24 April 2015, by Dr. Donald Misch

If you've ever wondered about the benefits of exercise and why we should all try to get our fair share of it, here are some tips:

- Exercise is good for physical health, emotional health and reduces stress and anxiety. Studies have also found that people concentrate better after a stint of exercise. So if you need a break from studying, take a walk.
- When exercising, you don't have to be an extreme marathoner to get benefits. For example, 20 minutes of exercise three times per week has significant health benefits. As a matter of fact, more is not always better and the benefits of exercise decrease as you exercise in more extreme manners.
- A regular exercise regimen is important. If it's regular, you are more likely to work it in as part of your routine.
- Data suggests that you're more likely to exercise if you do it with friends.
- Choose activities you enjoy. You'll look forward to the activity and be more likely to incorporate it into your daily schedule.
- For substantial health benefits, you should do at least 150 minutes per week of moderate intensity exercise (brisk walking, yoga, bicycling slower than 10 miles per hour), or 75 minutes per week of vigorous intensity exercise (jogging or running, swimming laps, bicycling 10 miles per hour or faster, hiking uphill).

If all this inspires you, remember it takes about a month to form a new habit. Persistence pays off!

Click here for physical activity guidelines from the Center for Disease Control and Prevention.

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