

[IMAGE]

The Harder, the Better

By Editorial Staff

All exercise, whether light, vigorous or any intensity in between, has a positive impact on your health. From reducing health risks to improving fitness levels and vitality, any exercise is good exercise. That said, research suggests within reason, more vigorous activity may provide particular benefits versus less-vigorous activity.

We're talking about the big benefit: your ability to live longer. People who exercise more vigorously live longer than those who don't, and we've got the research to prove it. Published in *JAMA Internal Medicine*, the study evaluated vigorous physical activity (the proportion of vigorous vs. total moderate-to-vigorous activity) among 400,000 participants. Subjects who spent more of their exercise time in the vigorous mode enjoyed statistically significant lower all-cause mortality.

Physical activity guidelines generally focus on time: 60 minutes a day on most days, 300 minutes total a week, etc.; but don't necessarily focus on the intensity of the activity. As this study suggests, it may be time to ensure guidelines emphasize the importance of vigorous physical activity. After all, who doesn't want to live a little longer?

Note: Before beginning any physical activity program, particularly one involving vigorous activity, be sure to consult with your doctor, particularly if you have any pre-existing health conditions.

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