

[IMAGE]

10 Minutes a Day

By Editorial Staff

On the one hand, getting older generally means you have more time on your hands to do things – including exercise. On the other hand, getting older also can mean health issues that limit your ability to do things – again, including exercise. Since we know how important physical activity is (at all stages of life), how can we make sure we participate ... even when we're in our 80s? It might interest you to know that even 10 minutes a day can make a difference.

Ten minutes a day helps you live longer when you're 85 or older, according to research presented at the European Society of Cardiology's (ESC) 2022 Congress. It doesn't have to be high-impact, strenuous activity; we're talking 10 minutes of slow walking – one hour per week. During the study period, octogenarians who walked 10 minutes or more per day had 40 percent and 39 percent lower relative risks of all-cause and cardiovascular mortality, respectively, compared to similarly-aged inactive seniors. Of note, less than 8 percent met the guideline recommendations for moderate-to-vigorous intensity physical activity.

If you're inactive (regardless of age), think about the difference 10 minutes a day can make. Some activity is better than no activity; that's a fact. Whether you're 20, 50 or 90, you'll be healthier, happier and up your chances of living longer. That's worth 10 minutes a day of your time and attention, isn't it?

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