

How much exercise is enough?

As our lives become busier and we struggle to find time for our family and ourselves people often ask what is the minimum time I have to exercise to get any benefit. The exact amount of time is debate among the experts, but they all agree that some is better then none. It is usually recommended that the average person exercise between 20 to 60 minutes three times a week. Although, this a recommendation based on an average and not a minimum.

According to guidelines from the American College of Sports Medicine as little as 30 to 60 minutes a week may make a significant difference. That is less then one hour a week invested in yourself. This can be broken up into duration as small as 10 minutes at a time. This means that some one that exercises 10 minutes three times a week gets the same effect as someone that exercises one time a week for 30 minutes.



Stay Healthy

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Regardless of the time you exercise, the important thing is to get started. Your goal should be to start a regular routine and build a habit so that you maintain it.

Get educated, get health smart, and live longer and healthier.