



How Much Exercise Do You Need?

Excerpts from Ashley Brantley – BlueCross BlueShield of Tennessee

Kingsport Press Credit Union wants our members to stay happy and healthy and do business with us for a long time! So, we're sharing this information with you.

Can a daily walk improve your health? According to Yale University, the answer is yes—especially for seniors.

Walking for 20 minutes a day has been shown to prevent injury and enhance quality of life. Studies have also found that people who exercise regularly don't age as rapidly, take fewer medications, and have improved immune systems, muscle mass and cholesterol levels.

For senior adults, 2.5 hours a week is a good goal. Activities that are aerobic, improve balance, and build muscle are especially important to help reduce the risk of falls. Many recreational activities allow people to get all 3 types of exercise at once, such as dancing, yoga, tai chi or gardening. People can hit their 2.5-hour goal with any combination of activity over any number of days. Previously, experts thought adults needed to exercise for at least 10 minutes at a time to see health benefits, but now they agree any length of time is fine—as long as people exercise consistently.