

Mayo Clinic Medical Edge

What is Fitness?

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>WE ALL KNOW THAT EXERCISE OR PHYSICAL ACTIVITY PLAYS A BIG PART IN OUR OVERALL HEALTH. BUT WHAT'S IT REALLY TAKE? WHAT IS PHYSICAL FITNESS?</p>
<p>Diane Dahm, M.D. Track 4 (5:30)</p>	<p>"HOW YOU DEFINE FITNESS MAY BE DIFFERENT THAN HOW AN OLYMPIC ATHLETE DEFINES FITNESS."</p>
	<p>IT REALLY DEPENDS ON YOUR GOALS, SAYS MAYO CLINIC DOCTOR AND SPORTS MEDICINE SPECIALIST DIANE DAHM. HOWEVER THERE IS CERTAINLY A MINIMUM LEVEL OF ACTIVITY THAT'S REQUIRED TO ACHIEVE</p>

	PHYSICAL FITNESS BENEFITS.
Dr. Dahm Track 4 (4:40)	“TO CARRY ON YOUR DAILY ACTIVITIES WITHOUT BEING TIRED. TO IMPROVE YOUR CARDIOVASCULAR RISK. TO DECREASE YOUR RISK OF HIGH BLOOD PRESSURE TO DECREASE YOUR RISK OF DIABETES AND TO SIMPLY FEEL GOOD.”
	AND THAT CAN BE ACCOMPLISHED WITH MODERATE PHYSICAL ACTIVITY – WALKING THE DOG, CLIMBING STAIRS, DOING HOUSEWORK – FOR AS LITTLE AS HALF-AN-HOUR A DAY, FOUR TO FIVE DAYS A WEEK.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.