

Medical Edge Radio from Mayo Clinic

Exercise vs Physical Activity

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU'VE HEARD THE ADVICE... MAYBE EVEN FROM YOUR DOCTOR. TRY TO GET SOME EXERCISE OR PHYSICAL ACTIVITY INTO YOUR LIFE. BUT IN TODAY'S RUN-AROUND WORLD WHO HAS TIME? YOU MIGHT BE SURPRISED!
Diane Dahm, M.D. Track 1 (:32)	"PHYSICAL ACTIVITY IS REALLY ANY ACTIVITY THAT BURNS CALORIES."
	MAYO CLINIC DR. DIANE DAHM SAYS EXERCISE IS CONSIDERED MORE STRUCTURED WITH A SPECIFIC GOAL OF IMPROVING

	<p>SOME ASPECT OF YOUR FITNESS.</p> <p>PHYSICAL ACTIVITY COULD BE WALKING THE DOG, USING THE STAIRS INSTEAD OF THE ELEVATOR, EVEN HOUSEWORK.</p>
<p>Dr. Dahm Track 1 (5:11)</p>	<p>“SIMPLY FOR OVERALL HEALTH BENEFITS, IF YOU CAN PARTICIPATE IN MODERATE PHYSICAL ACTIVITY FOR 30 MINUTES, SAY, FOUR TO FIVE DAYS A WEEK, YOU’LL ACHIEVE THOSE BENEFITS.”</p>
	<p>CAN’T PUT ASIDE EVEN HALF-AN-HOUR? WELL STUDIES HAVE SHOWN THAT EVEN 10 MINUTE BURSTS THREE TIMES A DAY CAN HAVE A CUMULATIVE EFFECT AND IMPROVE YOUR OVERALL FITNESS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>