

**Medical Edge Radio from Mayo Clinic**

**Physical Activity**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	WHEN WAS THE LAST TIME YOU TOOK THE STEPS INSTEAD OF THE ELEVATOR, OR WALKED TO SEE A CO-WORKER INSTEAD OF E-MAILING THEM? IT'S RECOMMENDED THAT YOU GET 30 TO 60 MINUTES OF MODERATELY VIGOROUS ACTIVITY MOST DAYS. AN EXERCISE ROUTINE IS GREAT, BUT DAY-TO-DAY ACTIVITIES LIKE CLIMBING THE STAIRS CAN BE JUST AS BENEFICIAL. MAYO CLINIC DR. DONALD HENSRUD SAYS A GOOD PLACE TO START IS

	TO STOP LOOKING FOR SHORT-CUTS.
<b>Dr. Donald Hensrud</b>	“THAT MAY HAVE BEEN A SURVIVAL THING FROM MANY YEARS AGO. THE PERSON WHO DID THE LEAST AND ATE THE MOST 3000-YEARS AGO IS THE ONE WHO SURVIVED. WE HAVE TO MAKE EXCUSES TO GET ACTIVITY, AND LOOK FOR OPPORTUNITIES.”
	AND THE BENEFITS ARE MANY. PHYSICAL ACTIVITY CAN REDUCE THE RISK OF CERTAIN CANCERS, HEART DISEASE, HIGH BLOOD PRESSURE AND HELP YOU MANAGE YOUR WEIGHT. AND...
<b>Dr. Hensrud</b>	“MANY PEOPLE SAY ‘WHEN I WAS MORE ACTIVE, I FELT BETTER.’ AND WE SHOULD LISTEN TO THAT.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

