

## **AARP Bulletin (January 2011):**

The bottom line. The minimum you need to stay healthy:

- Muscle-strengthening exercises twice a week.
- Plus 2.5 hours a week of moderate activity like walking.
- Or 75 minutes a week of more intense activity like jogging.

Get fitter faster. A more intense workout burns more calories in less time. You can walk a 5K race in 40 minutes, jog it in 30 minutes, or run it in under 20 minutes. Either way, you are burning the same amount of calories.

Short spurts are best. Alternate spurts of hard, high-speed activity with periods of slower activity, shortens a workout while improving fitness.

No-sweat workout. Even office workers can handle a 15-minute daily exercise break. Start with a 100-minute walk in the hallway or outdoors, then add a few exercises with resistance tubes and a couple of side bends.

Mix it up. Exercise programs need variety. If you do the same thing all the time, your body adapts and you stop making progress.

[http://www.aarp.org/health/fitness/info-01-2011/exercise\\_tips\\_for\\_boomers.html](http://www.aarp.org/health/fitness/info-01-2011/exercise_tips_for_boomers.html)