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An Hour a Day Keeps Weight Gain at Bay

New research forces women to face a sobering reality about age-related weight gain. According to research based on more than 34,000 non-dieting, middle-aged women over a 13-year period, at least an hour of moderate daily activity is needed to keep no-dieting women at a healthy weight. For women who are already overweight, even more exercise is necessary to avoid gaining weight without eating less. This recent finding backs up a 2002 Institute of Medicine report that urged Americans to balance diet and exercise, as well as recommended that adults and children get at least 60 minutes of moderate exercise daily. Adults with physical limitations are strongly urged to work with a physical therapist to get their bodies moving.

If an hour of exercise a day sounds overwhelming, you don't have to do it all at once. You can do it in 10-minute increments. Keep in mind that this doesn't mean that physical activity of fewer than 420 minutes a week is worthless. Working out at a moderate intensity for 150 minutes a week, as the government recommends, is associated with a lower risk of many chronic diseases, no matter what your weight is. If you or a family member needs physical therapy, please call ISR PHYSICAL THERAPY.



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