

Even small amount of exercise is good for the heart

By Janice Lloyd, USA Today

More research shows that even small amounts of aerobic exercise help lower coronary heart disease risk, according to a review published Monday in *Circulation*, the journal of the American Heart Association.

The mega-study is part of a growing body of research showing that some physical activity provides health benefits – even when levels fall below the recommended federal guidelines of 150 minutes of moderate-intensity physical activity a week. For the first time since 1998, the American College of Sports Medicine updated its exercise guidelines in June, including information on how little exercise is needed to achieve health benefits.

“The biggest health benefits we saw were for those who went from doing nothing to those doing something small,” says Jacob Sattelmair, author of the new AHA study. “Even a little bit of activity makes a significant difference.”

A little bit means 10 to 15 minutes a day. Sattelmair says the new findings are the first to make quantitative assessments of the amount of physical activity a person needs to reduce risk.

[Read the whole story](#)