

Study: U.S. exercise habits atrocious

By Dominique Mosbergen, Huffington Post

The exercise habits of the average American are appalling, according to a study recently published in Mayo Clinic Proceedings.

For the study, scientists tracked the activity of 2,600 people for two years. They found that obese women average a mere 11 seconds a day of vigorous exercise (that's about an hour a year), while men and women of normal weight exercised vigorously – engaging in fat-burning activities such as jogging or jumping rope – for fewer than two minutes daily, the *Los Angeles Times* reported.

The Centers for Disease Control and Prevention (CDC) recommend that adults get at least 75 minutes of vigorous-intensity exercise or 150 minutes of moderate-intensity exercise every week, in addition to bi-weekly muscle-strengthening activities.

[Read the whole story](#)