GENERAL

Move More, Live Better: The Power of 150 Minutes of Exercise

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Regular physical activity is one of the most effective ways to improve overall health and prevent chronic diseases. Health organizations worldwide, including the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC), recommend at least **150 minutes of moderate-intensity physical activity per week** for adults. This guideline is backed by extensive research highlighting the profound benefits of consistent movement for both physical and mental well-being.

The Benefits of 150 Minutes of Physical Activity Per Week

1. Improved Heart Health

Moderate physical activity, such as brisk walking, cycling, or swimming, strengthens the heart and reduces the risk of cardiovascular diseases. Studies show that regular exercise helps lower blood pressure, improve circulation, and maintain healthy cholesterol levels, significantly reducing the likelihood of heart attacks and strokes.

2. Reduced Risk of Chronic Diseases

Engaging in at least 150 minutes of moderate exercise per week lowers the risk of developing conditions such as type 2 diabetes, obesity, and certain cancers (such as breast and colon cancer). Exercise helps regulate blood sugar levels and improves insulin sensitivity, which is essential for diabetes prevention.

3. Enhanced Mental Well-being

Physical activity is not just beneficial for the body but also for the mind. Exercise stimulates the release of endorphins, the body’s natural mood boosters, helping reduce stress, anxiety, and symptoms of depression. Studies indicate that people who engage in regular physical activity experience better cognitive function and a lower risk of dementia as they age.

4. Stronger Muscles and Bones

Weight-bearing activities like walking, jogging, and resistance training promote bone density and muscle strength, reducing the risk of osteoporosis and sarcopenia (age-related muscle loss). This is particularly important for older adults to maintain mobility and prevent falls.

5. Increased Longevity and Better Quality of Life

Research has consistently shown that individuals who meet the 150-minute activity recommendation tend to live longer, healthier lives. Regular exercise improves overall energy levels, enhances sleep quality, and contributes to better mobility and independence in later years.

Latest Updates on Physical Activity Guidelines

WHO & CDC Recommendations

The WHO and CDC continue to emphasize the importance of **both aerobic and muscle-strengthening activities**. Updated guidelines suggest:

• **Adults:**At least **150–300 minutes**of moderate-intensity aerobic activity per week or **75–150 minutes**of vigorous-intensity exercise.

• **Muscle Strengthening:**Activities involving major muscle groups at least **twice per week**.

• **Older Adults & Special Populations:**Balance and flexibility exercises are recommended for seniors to prevent falls, while individuals with disabilities are encouraged to engage in adaptive physical activities.

New Research & Trends

Recent studies highlight the benefits of **shorter, more frequent bouts of exercise**. Even **10-minute sessions** of activity throughout the day contribute to overall health, making physical activity more accessible for those with busy schedules. Additionally, **walking as a primary form of exercise** is gaining traction, proving effective in reducing cardiovascular risks.

Conclusion

Incorporating **150 minutes of moderate exercise per week** is a simple yet powerful way to enhance health and longevity. Whether through walking, swimming, cycling, or yoga, staying active improves heart health, reduces disease risks, boosts mental well-being, and increases lifespan. With evolving guidelines reinforcing the importance of movement, there’s no better time to start prioritizing an active lifestyle.

Get moving today—your future self will thank you!

Competing interests

The authors declare that they have no competing interests.

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