

Even just a bit of exercise might help you live longer, study shows

Yet another study highlights the importance of getting up and doing something—anything!—to be physically active. It suggests that sedentary people who replace some of their sitting time with even light physical activity are less likely to die early than people who remain in their chairs all day.

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As part of [a study [published](#) January 14], volunteers were asked to wear activity trackers while awake for at least four days.

Thanks to the trackers, the researchers were able to objectively measure how much physical activity any one person got in a day, as well as how often they sat.

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Based on their calculations, the team found that even a modest level of physical activity would lead to noticeable, positive changes. Replacing sitting with 30 minutes of moderate to vigorous exercise (anything from a brisk walk to running) a day, for instance, was associated with a 35 percent drop in the risk of an early death. Making it 30 minutes of light physical activity (a walk around the block, doing chores) instead still led to a 17 percent decrease in risk of early death.

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Again, this really isn't anything new. But the study is intended to clarify what we need to do to short-circuit the dangerous effects of sedentary behavior, which include weight gain and cardiovascular problems.

Read full, original post: [Getting Up and Doing Even the Tiniest Bit of Exercise Will Keep You Alive Longer, Study Finds](#)