

10,000 STEPS: SCIENTIFIC OR GIMMICK?

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{**ON CAM**}

IT'S ADVICE WE'VE ALL HEARD – AND MANY HAVE TAKEN TO HEART.
WANT BETTER HEALTH? WALK TEN THOUSAND STEPS A DAY.

{**TAKE VO**}

BUT IS THE “TEN THOUSAND STEP” BENCHMARK SCIENTIFIC ADVICE OR FITNESS GIMMICK?

A RECENT STUDY SUGGESTS THAT HOW MUCH MOVEMENT YOUR BODY NEEDS CAN'T BE BOILED DOWN TO A SPECIFIC NUMBER.

THE STUDY LOOKED ONLY AT WOMEN – AND FOUND THAT, AMONG OLDER WOMEN, AS FEW AS FORTY-FOUR HUNDRED STEPS A DAY HELPED PROLONG LIFESPAN.

MANY AGREE – EIGHT TO TEN THOUSAND STEPS A DAY IS A GOOD GOAL. FOR THOSE UNDER SIXTY ... HOWEVER, INTERNAL MEDICINE DOCTOR TRESA MCNEAL SUGGESTS RATHER THAN COUNTING STEPS MEASURE TIME SPENT BEING ACTIVE.

{**TAKE SOT**}

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TRT: 11

“We recommend those doing a moderate level of exercise, such as walking, to exercise about an hour a day, five days a week. And if you're jogging or doing more intense exercise, you can get away with thirty minutes a day, five days per week.”

{**ON CAM**}

DOCTOR MCNEAL NOTES THAT EXERCISE IS GOOD FOR YOUR MUSCLES AND HEART... BUT ALSO HELPS YOUR BRAIN AND MOOD.
EVEN MORE INCENTIVES TO GET MOVING.