10,000 STEPS: SCIENTIFIC OR GIMMICK?
Tresa Mcneal, MD, Internal Medicine, Baylor Scott & White Health

{**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**}
Tresa Mcneal MD
Baylor Scott & White Health
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.