



Run for your life

Vigorous exercise is good for your health, but too much can do more harm than good to your heart.

Limit your exercise to a maximum daily dose of between 30 and 50 minutes, say researchers in an editorial published in *Heart*.

The idea that more and more high-intensity exercise, such as marathons, can only do you good is a myth, say the cardiologists from St. Luke's Mid America Heart Institute in Kansas City.

Routine moderate physical activity will add years to your life and life to your years, but running too far, too fast, for too many years may speed your race to the finish line of life, they said.

If you must train for a marathon, do just one or a few and then cut back to a safer, healthier exercise pattern.