

High-intensity workouts aren't always best

When it comes to exercise, is harder and longer always better? No, according to two studies recently published in the academic journal, *Heart*.

The first study found that those who performed the most strenuous daily exercise were more than twice as likely to die of a heart attack or stroke. The second study found that men who exercised intensely for more than five hours a week were more likely to develop an irregular heartbeat later in life.

So what's the best exercise to do? Strive for moderate intensity exercise. You develop a fast heart rate while doing this type of exercise, but you should still be able to talk while doing the activity.

Source: CDC and World Health Organization



MODERATE EXERCISE = LONGER LIFE

Studies show if you do seven hours of moderate intensity exercise each week, you will lower your risk of dying early by 40 percent. This is compared with those who exercise 30 minutes or less per week. If seven hours a week is too much for you, aim for 150 minutes per week. This amount of exercise also produces similar benefits.

Before you start any exercise program, talk with your doctor about what's best for you.