

Mayo Clinic Minute

Prescription Exercise

Video	Audio
Vivien Williams VO: people exercising	There's no question that exercise is good for you.
CLIP: DHensrud ExercisePrescription MOV at 00:09 Donald Hensrud M.D. Healthy Living Program Mayo Clinic	"There are over 50 benefits to exercise. If we had a pill that could do that, we'd be prescribing it for everyone."
Vivien Williams VO: doc writing prescription	Mayo Clinic nutrition expert Dr. Donald Hensrud says some doctors are actually pulling out the prescription pad and prescribing exercise.
CLIP: CLIP: DHensrud ExercisePrescription MOV at 00:34	"This is a powerful statement. It tells the patients that this is just as important as any medication you take. In fact, it's more important. And, if that's the way we can get more people to do more exercise, more power to the physicians who are doing it that way."
Vivien Williams Graphics <ul style="list-style-type: none">• Type-2 diabetes• Blood pressure• Cholesterol• Heart disease• Weight management• Depression• Mood To either recommendations screen grab to people walking or Viv walking	Exercise decreases your risk of Type 2 diabetes, lowers blood pressure, improves cholesterol levels, reduces risk of heart disease, helps with weight management, improves symptoms of depression, boosts mood, the list goes on. The American Heart Association recommends you get 2½ hours of moderate exercise or an hour and fifteen minutes of vigorous exercise every week. And, you don't have to join the gym. Just move more. Because it can improve your health. For the Mayo Clinic News Network, I'm Vivien Williams.