

Mayo Clinic Minute: Can pushups predict your health?

VIDEO	AUDIO
	Drop and give me 20. But will pushups add 20 years to your life?
Michael Joyner, M.D. Anesthesiology Mayo Clinic	“I don’t think there’s anything magical about a pushup. What I think the study shows is that people that are physically fit, physically active and have some muscle mass have better health outcomes than people who don’t.”
	Mayo Clinic’s Dr. Michael Joyner says pushups build muscle strength and can be an easy exercise that you can do at an incline against a table, the kitchen counter or on your knees.
	But the most important part of staying healthy is staying active.
	“Some recent studies have shown that when people go from an inactive or unfit category to a fit category in middle age as a result of exercise training, their health status also improves.”
	And most everyone can find some sort of physical activity that is safe and enjoyable.
	“People begin to see a benefit with as little as 10 minutes a day of just going out for a stroll. So do something. Park your car a little farther away. Try to build some physical activity and steps into your activities of daily living.”
	For the Mayo Clinic News Network, I’m Jason Howland.