

How 11 Minutes of Exercise Can Help One Live Longer

Surprising — and specific — takeaways from new fitness research

TENAFLY, NEW JERSEY, USA, December 2, 2021 /EINPresswire.com/ -- It's no secret that exercise is key to a healthier and longer life. As some people have likely heard, federal guidelines recommend at least 150 minutes of moderate aerobic activity every week. Think: five days of 30-minute workouts like brisk walking, dancing or cycling. The guidelines also call for at least two sessions of strength training per week.

But how much exercise do people really need to get life-extending benefits? Is 150 minutes a week the optimal amount of exercise for a long life, or should one strive for more? What if one measures one's exercise in steps, not minutes? And how many years do other types of exercise, like strength and balance training, add?

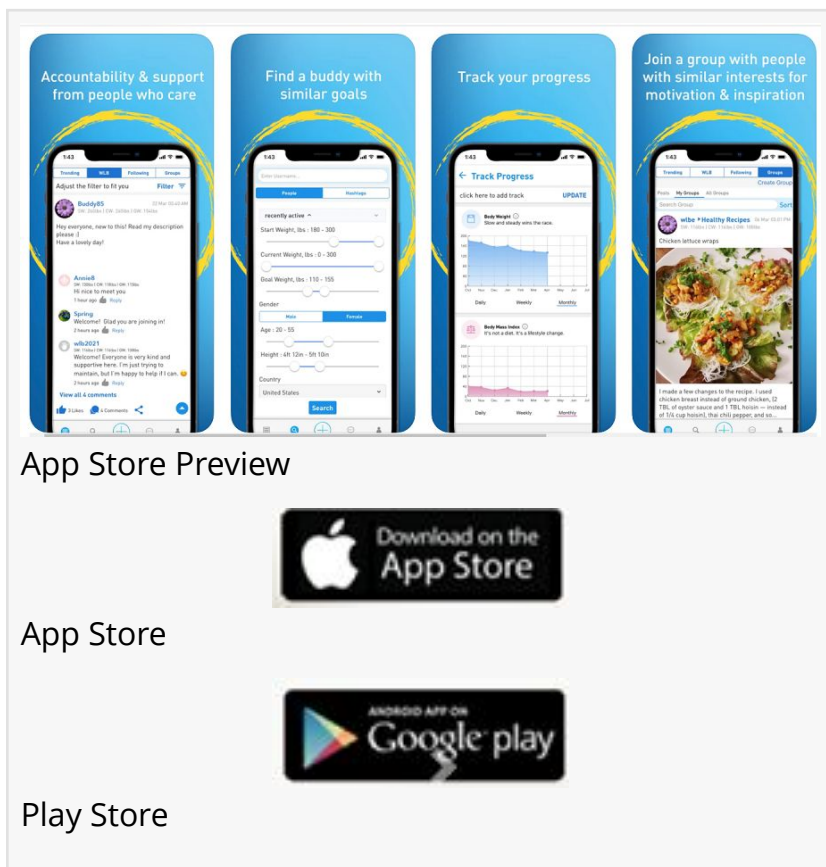
Recent studies on the links between activity and longevity help shed light on those and other questions — with some surprising takeaways for older adults in particular. (For instance, more doesn't appear to be more when it comes to strength training, while stretching emerges as a potential lifesaver.) Here's what research and experts say about the right dose of exercise to enhance one's lifespan.

“

You can't help someone up a hill, without getting closer to the top yourself.”

Joey Dweck

If one unable to do the recommended 150 minutes a week, one may be tempted not to bother getting off the couch. But that would be a mistake, because research shows that even small amounts of exercise give one a longevity boost, says William E. Kraus, M.D., past president of the



The image shows a preview of a fitness app on an iPhone. It features four panels with blue backgrounds and yellow curved borders. The first panel is titled 'Accountability & support from people who care' and shows a social feed. The second panel is 'Find a buddy with similar goals' and shows a profile form with fields for Start Weight, Current Weight, Goal Weight, Gender, Age, Height, and Country. The third panel is 'Track your progress' and shows a line graph for 'Body Weight' over time. The fourth panel is 'Join a group with people with similar interests for motivation & inspiration' and shows a recipe for 'Chicken lettuce wraps'. Below the preview are buttons for 'Download on the App Store' and 'GET IT ON Google play'.

American College of Sports Medicine.

For example, a 2020 study in the British Journal of Sports Medicine found that just 11 minutes a day of “moderate-to-vigorous” activity significantly lengthened the lifespans of people who spend most of their day sitting.

In another study, published in JAMA Internal Medicine, people who exercised a little but didn’t meet the physical activity recommendations were still 20 percent less likely to die in a 14-year period than those who did no activity at all.

“There is no least amount of exercise one needs to do,” says Kraus, a professor in the division of cardiology medicine at Duke University, who helped write the 2018 activity guidelines. “It turns out that anything is better than nothing.” In other words, not being able to hit 100 or 150 minutes for whatever reason shouldn't discourage one from accomplishing smaller amounts.....

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About WeightLossBuddy

WeightLossBuddy is the largest community dedicated exclusively to supporting people who are struggling to lose weight.

Its new app allows users to monitor their weight, while sharing their progress with others, and at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar “posting” interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

WeightLossBuddy caters to those individuals who want to lose weight and need help.

It helps by providing weight loss support from others on a similar journey.

The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to

encourage them, share effective weight loss tips, and help them in any way possible to reach their weight loss goal.

COMMENT, LIKE, LIVE CHAT & POST

Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

Users can find great weight loss support content, read about other people's personal struggles to learn and relate, and like and comment on posts.

Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

Users can start chatting live with fitness buddies from around the globe within the app!

WHY the NEW WEIGHTLOSSBUDDY APP?

Users can now:

add current and target weight

find a buddy and get support

share photos and weight loss progress

connect and chat live with other weight loss buddies

comment and like on posts

track daily weight

This New 100% FREE App can be found in both the [Apple](#) and [Google Play](#) stores.

It has the ability to transform people's lives.

Joey Dweck

Weight Loss Buddy

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