

Exercising 21 minutes a day can increase life expectancy by more than three years

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According to research conducted on 6,600 people who followed for 12 months, the results showed that those who increased their motor level by 150 minutes a week, about 21 minutes a day, showed their life expectancy increased by over 3 years.

This is the latest study from UK scientists to discuss exercise issues in adults. Or even, they found that moving, moving in just 90 or 60 minutes a week also increased the life span from 2.4 -2.7 years.



Researchers have calculated their findings by analyzing each participant's "Vitality Age" and it is an overall measure of health to assess the gap between body age and real age. " .

Not only that, they were able to assess the impact of motor behavior on life, by surveying participants before and after they changed their daily motor behavior.

It is known that the participants, the main barriers preventing them from exercising are time-limited (31%), cost (21%) and do not feel excited when exercising, exercising (19%).).

The objective of the survey is to carry out surveys from small changes such as walking stairs or walking for half an hour .

We can classify and perform exercise, motor behavior into our daily routine without trying too much.

Exercise improves mental health, confidence, strength, fitness and motivation, but if you overcome the above reasons, more or less the 3-year life expectancy will make the premise of inspiration inspire you to be more active.

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