

Focus on Longevity

A recent study in the journal Circulation found that vigorous exercise has surprising advantages. The study looked at the exercise habits of 116,000 adults over 30 years. The researchers discovered that participants who exercised both regularly and vigorously had a 26% lower rate of mortality and a 38% lower risk of cardiovascular disease. A separate study published in JAMA Oncology showed that even small amounts of vigorous physical activity was associated with a lower risk of eight cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach). Other benefits include improved quality of sleep, reduced anxiety, and reduced blood pressure which leads to a lower risk of heart disease, stroke, and type 2 diabetes.

In other words, vigorous exercise dramatically improves the odds a person will enjoy a healthier life for a longer time, and lowers the risk of death.

But not all exercise is created equal, which is why
the next advantage is so important.