



# 30 Minutes for life

## The Benefits of 30 Minutes or More of Daily Brisk Walking

- When:** Daily (or at least 5 days per week)
- How Long:** 30-50 minutes per day which can be broken up into intervals of 10/15/20 minutes 2-4x/day
- Intensity:** 3-6 METs or 150 Kcal/day energy expenditure (see chart on back for examples)  
Examples: walking 2.5 mph is 3 METS  
walking 3.5 mph (brisk) is 4 METS  
walking 4.0 mph is 5 METS  
walking 4.5 mph is > 6 METS
- Benefits:**
- Reduce the risk of Cardiovascular Disease (CVD) and atherosclerosis. If everyone walked for 30 minutes daily at 3-4 mph it would decrease the number of CVD deaths per year by 30% (284,886 deaths/year).
  - Reduce the risk of Diabetes (Type 2) by 58% in persons at high risk.
  - Reduce risk of Stroke by 24% walking 2.5 hours per week as compared to non-exercisers. Further reduced the risk of Stroke by 46% walking 5 hours per week as compared to non-exercisers.
  - Reduce risk of breast cancer by 20% in White and African-American women who regularly exercise for 7- 15 MET/week/year compared to inactive females.
  - Reduced risk of mortality with patients who have been diagnosed with breast cancer by 25% compared to sedentary individuals. Further reduced risk by 50% if walked 3-8 hours per week.
  - Reduce resting blood pressure.
  - Reduce the risk of Pancreatic Cancer among overweight individuals with a BMI of 25kg/m<sup>2</sup> or greater.
  - Reduce risk of Osteoporosis.
  - Reduce risk of Cholecystectomy (gall bladder removal) in women by 31%.
  - Reduced risk of depression among elderly adults. In elderly adults classified with major depressive disorder, a 50% reduction of the disorder occurred after 4 months of an exercise program.
  - Improved overall aerobic fitness and functional capacity.
  - Daily walking of 30 minutes for 12 weeks has been shown to lower overall body weight and decrease percent body fat.
  - If we just walked briskly 30 minutes each day, healthcare as we know it would radically change in this country.





Activity level	METs/Hr	of Activity
Activity		

Light	2.0	Walking at a slow pace (1-2 mi/hr), playing musical instrument, Light gardening, Light office work, light use of hand tools (watch repair or micro-assembly, light assembly/repair); standing, light work (bartending, store clerk, assembling, filing)
Light Plus	2.5	Walking downstairs, Cooking, light housekeeping, shopping, Pushing stroller with child, walking dog
	2.5 - 3	Walking at an average pace (2-2.5 mi/hr), slow dancing, Golf (using power cart), bowling, fishing
	3.0	Standing doing light/moderate work (assemble/repair heavy parts, welding, auto repair, pack boxes for moving, etc), patient care (as in nursing); driving heavy tractor, bus or truck, Washing car or windows, mopping, moderately vigorous playing with children, sweeping outside house, vacuuming, picking fruit or vegetables, scrubbing floors
Moderately Vigorous	3.5	Walking at a brisk pace (1 mi every 20 min), Weight lifting, water aerobics, Golf (not carrying clubs), eisurely canoeing or kayaking, Walking on job, 3 mph (one mile every twenty minutes), in office - moderate speed, not carrying anything, or carrying only light articles.
	4	Walking at a very brisk pace (1 mi every 17 to 18 min), climbing stairs, dancing (moderately fast), leisurely bicycling <10 mph, Raking lawn, planting shrubs, weeding garden, heavy yard work or gardening activities, Masonry, painting, paper hanging, moderately heavy lifting, moderately heavy farm work
Moderately Vigorous Plus	4.5	Slow swimming, Golf (carrying clubs)
	5	Walking at a very brisk pace (one mi every 15 min), Most doubles tennis, Dancing (more rapid), Some exercise apparatuses, Walking downstairs or standing, carrying objects about 25-49 lb, Digging, spading, vigorous gardening, using heavy power tools; general gardening, mowing lawn (hand mower), Painting, carpentry, cleaning gutters, laying carpet, other vigorous activities, Chopping wood
Vigorous	6	Slow jogging (one mi every 13 to 14 min), Ice or roller skating, Doubles tennis (if you run a lot), Using heavy tools (not power) such as shovel, pick, spade; driving heavy machinery, forestry