

AN EXERCISE FOR ALL SEASONS

Here's a quick run-down of which exercises are good for what, and how long and how often you need to do them.

What It's Good for	Exercise	Minimum Duration	Maximum Frequency
Cardiovascular fitness	Aerobic (walking, jogging)	20-30 minutes	3 times a week
Blood pressure	Aerobic (walking, jogging)	20-30 minutes	3 times a week
Fat loss	Aerobic (walking, jogging)	30 minutes	Daily
Insulin sensitivity	Aerobic (walking, jogging)	20-30 minutes	3 times a week
	Strength training (better evidence in men)	30 minutes	
Bone density	Strength training (leg press)	1-3 sets of 8-15 repetitions	3 times a week
Arthritis of the knee	Strength training (knee extension)	1-3 sets of 8-15 repetitions	3 times a week
Flexibility	Static stretching	1 minute per stretch	3 times a week