

# 10-Minute Exercise Schedule Good for Your Heart



Studies have revealed that short-term increments of exercise could help lower fats in the blood after eating a fatty meal. These findings could be just the motivation for the people who claim they don't have enough time to exercise need to get moving.

One expert stated that merely performing 10-minute exercise bouts for at least 30 minutes a day would work on lowering fats in the blood as opposed to no exercise at all. Not enough hours in the day to exercise no longer holds as a valid excuse as these short 10-minute bursts of exercise have proven to help prevent cardiovascular disease.

Experts also noted that taking a leisurely stroll around the block wouldn't qualify as meeting this cardiovascular benefit. Instead, they suggested walking at a moderate pace or taking a light jog. The negative cardiovascular consequences of eating a high-fat meal happens when there is an abnormally high increase in fat, a condition known as postprandial lipemia, which has been linked to increasing the risk of heart disease.

Researchers tested the effects of short-term exercise in a study on 18 men and women who didn't follow a daily exercise routine. The participants were given a high-fat meal consisting of a milk shake with heavy whipping cream on three separate occasions for the next few weeks.

The duration of exercise before meals were divided into three categories:

- The participants exercised continuously for 30 minutes
- The participants exercised for 30 minutes in three 10-minute increments
- The participants didn't exercise at all

Before and several times after each meal measurements of triglycerides and other blood fats were taken.

Overall, total cholesterol levels remained the same, however it did appear that triglyceride levels were less pronounced after a bout of exercise as opposed to no exercise at all. This led researchers to believe that exercise did have a positive influence on keeping triglyceride levels from rising after a high-fat meal.

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## **Dr. Mercola's Comment:**

I've railed often on my Web site about the virtues of exercise, as have very successful experts like [Paul Chek](#) and [Ben Lerner](#). They agree with me that you can't afford not to exercise a little bit each day to improve your whole health.

I am a huge advocate of exercise and these findings are proof that even some kind of exercise is better than none at all. The excuse of not having enough time is wearing thin especially when just 30 minutes of exercise a day done in 10-minute sessions could benefit your heart.

Interestingly, when I entered medical school I was focused far more on exercise than diet as a solution to health. Exercise is far less controversial and complex to recommend than diet though.

Unfortunately, the vast majority of diet experts still have yet to adopt the [metabolic typing](#) or [limited-grain principles of nutrition](#) into their recommendations.

Exercise really needs to be viewed as a drug and very few clinicians or patients understand this. I believe it is one of the most powerful "drugs" that we have in the treatment of type 2 diabetes. Unlike typical commercial drugs, exercise can actually cause one to go into permanent remission for diabetes. Most of the patients I see have a serious exercise debt. If they wish to optimize their health they need to do about 90 minutes of cardiovascular exercise every day. This amount of exercise is only required in the treatment phase though and they can cut back to 45 minutes three times a week once they become healthy

Most people are also time deprived so I ask them to stop directing their limited time to strength training until they are able to optimize their weight. If they have time left over after investing 90 minutes in a cardio program then I encourage them to continue their weight training program. Additionally, most people are clueless about the exercise intensity and just don't understand that walking for 90 minutes isn't a sufficiently intense exercise. I explain to my patients that they need to go hard enough so that they are having a difficult time talking to someone and then drop back half a notch. If one can easily carry on a conversation with someone next to them they are clearly going too slow to generate the aerobic benefits that exercise is capable of doing.

While I am a major fan of exercise and encourage all my patients to exercise as well, it is very unwise to exclude [optimal nutrition](#) from the program. Although getting involved in some kind of exercise even just 30 minutes a day might reduce heart disease as this study suggests, cancer is far more likely if one ignores optimal nutrition. Since cancer is the number two cause of death it would certainly seem more than prudent to combine exercise and diet together in one's health program.

Source: Mercola.com