

The team behind the study analyzed data from a pool of a million adults over the age of 45 in Western Europe, the United States, and Australia. Using previous data, the researchers examined data from 16 published studies and used it to determine how much exercise is required to compensate for sitting. Their recommended daily exercise goal is higher than previous advice but not necessarily less attainable, given it can be completed throughout the

day.

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Fitting in an hour of exercise a day sounds especially daunting if you have a desk job, but there are plenty of workouts you can complete before and after work. Even if it means taking a 10-minute walk during lunch, your body will thank you in the long run.

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