

DEPARTMENT OF BENEFITS



Take 5 for Exercise

Movement: Map out a five-minute walking routine within your area that works for you:

“Five minutes of walking every half hour lowered blood-sugar and blood pressure in office workers who tend to sit for long periods”.

Columbia University researchers tested several “exercise snacks”, which included one minute of walking every 30 minutes, one minute for every 60 minutes, five minutes for every 60 minutes, and other variables. Five minutes for every 30 minutes showed the best results.

“If we hadn’t compared multiple options and varied the frequency and duration of the exercise we would have only been able to provide people with our best guesses of the optimal routine”, said lead author Keith Diaz, PhD.

Selected sources: “Breaking up Prolonged Sitting to Improve Cardiometabolic Risk” by A.T. Duran, Medicine & Science in Sports & Exercise 1/12/2023. “Rx for Prolonged Sitting: A Five-minute Stroll Every Half Hour”, Columbia University Irving Medical Center 1/12/2023.