

Medical Edge Radio from Mayo Clinic

Pedometers

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	HOW WOULD YOU LIKE TO CUT YOUR RISK OF HEART ATTACK BY 10-PERCENT? HOW ABOUT 20-PERCENT OR MORE? WELL TIE YOUR SHOES AND GO FOR A WALK.
Dr. Sharonne Hayes	"I THINK THAT THE BENEFITS OF WALKING ARE GROSSLY UNDERRATED AND UNDERAPPRECIATED."
	MAYO CLINIC CARDIOLOGIST DR. SHARONNE HAYES SAYS STUDIES HAVE SHOWN THAT YOU CAN LOWER YOUR RISK OF HEART

	<p>ATTACK 25 TO 40-PERCENT JUST BY WALKING BRISKLY FOR ABOUT 30 TO 40-MINUTES MOST DAYS OF THE WEEK. THAT'S THE EQUIVILANT TO TAKING ABOUT 10-THOUSAND STEPS A DAY. TO HELP KEEP TRACK OF YOUR STEPS, SHE RECOMMENDS GETTING A SIMPLE PEDOMETER.</p>
Dr. Hayes	<p>"YOU CAN USE THEM BOTH AS DOCUMENTATION FOR WHAT YOU'RE DOING, BUT ALSO SOME MOTIVATION."</p>
	<p>YOU DON'T NEED ANY SPECIAL EQUIPMENT OR A HEALTH CLUB MEMBERSHIP. DR. HAYES SAYS WHAT'S REALLY GREAT ABOUT WALKING IS THAT YOU CAN DO IT ANYWHERE, EVEN AT WORK... AND THE BENEFITS CAN BE HUGE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN</p>

	WILLIAMS.