



## How Often Do You Need to Exercise for Optimal Heart Health?

The American Heart Association recommends 150 minutes or more of moderate to vigorous physical activity each week but doesn't specify an optimal pattern. [Research](#) recently published in The Journal of the American Medical Association suggests that “weekend warriors” may realize the same cardiovascular health benefits as those who work out multiple times a week. A weekend warrior fits a week's worth of exercise into a couple of days.

Here are the key findings about cardiovascular outcomes:

- The risk of heart attack was 27% lower for weekend warriors and 35% lower for those who spread their exercise out over several days.
- The risk of heart failure was 38% lower and 36% lower, respectively.
- The risk of arterial fibrillation (AFib) was 22% and 19% lower, respectively.
- The risk for stroke was 21% and 17% lower, respectively.

The study found that working out at least 150 minutes each week can help reduce one's risk of stroke, heart attack and AFib—and those minutes can be split equally across the week or concentrated into the weekend. As long as you're hitting 150 minutes, you can reap cardiovascular benefits. The weekend warrior schedule could be an option if you're short on time during the week.

Talk to your doctor before starting a new exercise regimen.