

## **It's Never Too Late To Start Exercising**

What you're doing now in terms of physical activity is more important for your heart than what you have done in the past. That is the conclusion of an analysis of data from the long-term Framingham Heart Study.

Evaluating activity levels of more than 5200 men and women, researchers found that those in the most active third had a 40% lower overall mortality rate during the 16 years studied than those in the least active third. This effect was stronger for men than for women. The researchers concluded that reducing the overall mortality rate is more closely linked to recent activity than past activity. In other words, it's not too late to start exercising. And once you start, keep it up.

**Source:** Sherman SE, D'Agostino RB, Silbershatz H. Exercise: better late than never. American Heart Journal, 1999;138:900-907. (Abs.)