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the First 20 Minutes) for increased lifespan and improved cognitive ability. It gave excellen I'm a regular distance runner and I occasionally read Gretchen Reynolds' contributions to the Well Blog at the New York Times .

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The First 20 Minutes also tells you just how little activity you can get away with, which made my little couch potato self quite happy. Turns out, walking or working out lightly for 150 minutes a week is good enough. Lifting a little weight every week will also totally change your life.

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For more than a decade, Gretchen Reynolds has been writing about the science of health and fitness. Her weekly column, Phys Ed, is one of this paper's most popular features, regularly appearing on...

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She also reveals some surprising answers, like: 20 minutes of cardio at a time is enough to obtain

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maximum health benefits. (In some cases, just six minutes is all you need.) Stretching before a workout is counterproductive. (It's better to just start easy, i.e., walk before you run.)

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