



July 7, 2010 – Grand Rapids, MI

## Sauntering

If you read the Saturday message on [Exercise and Your Weight](#), you might have gotten the idea that the research doesn't show any benefit for sauntering, and thus it's not worth doing—but that's not true. Not all physical activity has to be exercise in the classic sense. Anytime you move your body, you're helping it in many ways. Besides using more calories than sitting on the couch flipping channels, it gets your heart pumping, which benefits both your heart and your circulatory system, it helps your muscles to remain limber, and it helps your bones because when you stand upright, you stress every bone below your skull just a little. It's probably more mentally stimulating than what's on TV, and if you're walking with a friend, the social interaction is healthy for you as well. All that helps tremendously in the long term.

The reason you should pump up the intensity when you do exercise is for all those reasons plus the potential benefits for your genes. That's what's going to help with long-term weight management. But if it's bleeping hot where you are, it may be wiser to saunter anyway. I saw people out running this afternoon when the heat was over 90 degrees and the humidity was over 50 percent—not smart. Save the run for a cooler part of the day.

One more thing: I really can do math even though it didn't show in the same message. When I wrote the message, I put in six instead of sixteen in the text. Thank you all for letting me know. Paula fixed my mistake on the PDF you can get from [drchet.com](#).

What are you prepared to do today?

**Dr. Chet**

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