



[DESIGN NOTE: this should open on a web page with an easy comment section below? Should comments post automatically and instantly? Should they allow for audio, video—I say yes, easy to do, from a phone. What info from commenters do we want if it posts automatically?]

How Much is Enough...



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

--Hippocrates

As we undergo the grand experiment of urbanization, we find ourselves leaving the farms, fields and forests, where walking to get around is the norm, behind. In the urban environment, it can be easy to find ourselves sitting for most of the day including as we transport ourselves in an automobile.

For decades, we've recognized that this sedentary lifestyle carries is associated with many health risks, including the "Big Urban 5" lifestyle epidemics: cardiovascular disease, Type II Diabetes, Respiratory problems, Cancers and Mental Depression.

<http://www.ncbi.nlm.nih.gov/pubmed/23798298>

Weight control has also been linked to levels of exercise. http://www.nytimes.com/2015/06/16/upshot/to-lose-weight-eating-less-is-far-more-important-than-exercising-more.html?_r=0

Recently, however, some evidence suggests that too much endurance exercise, especially running, maybe unhealthy over the long run.

<http://time.com/3692668/when-exercise-does-more-harm-than-good/>

<http://www.bbc.com/news/health-31095384>

<http://well.blogs.nytimes.com/2015/04/15/the-right-dose-of-exercise-for-a-longer-life/>

But how good is the solution that is most commonly prescribed—exercise? And the place it is most commonly expected to get done—at the gym? What kinds of exercise are best?

The medical community has often cited something like at least half an hour, five times a week, of endurance activity that raises heart rate and makes us sweat.

<http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

But where does this standard come from? Is endurance the most important part of exercise? What about strength training? Which muscles should we keep strong—legs, arms, trunk? What about face, pelvis, hands?



Looking forward to your thoughts on a complicated Enough question...