Short bursts of exercise can lower disease risk

Short bursts of intense physical activity can significantly reduce the risk of serious diseases, including heart disease, type 2 diabetes and dementia, according to a study in the European Heart Journal. Researchers found that even a few minutes of vigorous activity daily lowered the risk of dementia by 63%, type 2 diabetes by 60% and early death by 46%. The study tracked nearly 100,000 people over seven years. Full Story: HealthDay News (3/31)