

Older women need physical activity – and even a little helps

(American Heart Association)

The connection between staying active and heart health is no secret. But new work that focused on older women showed how important it is, and how much it takes to make a difference.

A study in *Circulation* examined the effect of sedentary behavior in a group of women averaging age 79. It found [reducing sedentary time](#) by an hour a day equated to a 26% lower risk of heart disease and a 12% lower risk of cardiovascular disease overall. Notably, the activity didn't have to happen all at once – it could be accumulated throughout the day.

Another study, in *JAMA Network Open*, suggested [women who engaged in light physical activity](#) – such as gardening or walking – had a 42% lower risk of heart attack or coronary death than the least-active women. The average age of women in that study also was about 79.

