**Aerobic exercise**

[By Mayo Clinic staff](http://www.mayoclinic.com/health/AboutThisSite/AM00057)

Regular aerobic exercise can help you live longer and healthier. After all, aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. Healthy adults should aim for at least 150 minutes of moderate aerobic activity — or 75 minutes of vigorous aerobic activity — a week. That doesn't have to be all at one time, though. Aerobic exercise can even be done in 10-minute increments. So what are you waiting for?

For many people, walking is a great choice for aerobic exercise. In fact, walking is one of the most natural forms of exercise. It's safe, it's simple — and all it takes to get started is a good pair of walking shoes and a commitment to include aerobic exercise in your daily routine.

Of course, there's more to aerobic exercise than walking. Other popular choices include swimming, bicycling and jogging. Activities such as dancing and jumping rope count, too. Get creative.

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