**ON YER BIKE**

**Want to dodge killer diseases? You need to exercise SIX TIMES as much as docs recommend**

**BY SHAUN WOOLLER**

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The University of Washington in the US reviewed 174 studies since 1980 to make the findings

**DOING six times more**[**exercise**](https://www.thesun.co.uk/topic/exercise/)**than recommended greatly cuts the risk of developing five killer diseases, a study reveals.**

World Health Organisation guidelines suggest a minimum of physical activity equivalent to 20 minutes of brisk walking a day.

Doing two hours of exercise a day can drastically cut disease risks

But doing six times more — two hours a day — can cut diabetes risk by 19 per cent, colon [cancer](https://www.thesun.co.uk/topic/cancer/)15 per cent, heart disease 15 per cent, stroke 13 per cent and breast cancer by four per cent, researchers found.

The level could be achieved by doing all these every day: climbing stairs for ten minutes, vacuuming for 15 minutes, gardening for 20 minutes, running for 20 minutes, walking or cycling for 25 minutes.

15 – 25 minutes of more intense exercise has the same effect

Heart specialist Dr Oliver Monfredi, of Manchester uni, said: “Any exercise is protective, but more is better, and should be encouraged to decrease the burden of illness.”

Different exercises can cut diabetes risk by 19 per cent

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It can also reduce heart disease risk by 15 per cent

Lead researcher Hmwe Kyu, from the University of Washington, said: “Results suggest that total physical activity needs to be several times higher than the recommended minimum level for larger reductions in the risk of these diseases.

“With population ageing, and an increasing number of cardiovascular and diabetes deaths since 1990, greater attention and investments in interventions to promote physical activity in the general public is required.”