

## Similar exercise benefits seen for weekend warriors, regular exercisers

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The benefits of moderate-to-vigorous physical activity are similar

whether they are spread throughout the week or concentrated on a weekend, according to a study published online July 5 in *JAMA Internal Medicine*.

Mauricio dos Santos, from Universidade Federal de São Paulo in Brazil, and colleagues used data from 350,978 U.S. adults who self-reported physical activity as part of the U.S. National Health Interview Survey (1997 to 2013) to examine patterns of leisure-time [physical activity](#) and mortality.

The researchers found that compared with physically inactive participants, the risk for all-cause mortality was similar for weekend warriors and for regularly [active participants](#). Similar findings were seen for cause-specific mortality. When comparing weekend warriors to regularly active participants, risks were also similar for all-cause mortality, cardiovascular disease mortality, and cancer mortality.

"These findings suggest that whether the recommended amount of moderate-to-[vigorous physical activity](#) is spread out during the week or concentrated into fewer days, there may be no significant difference in [health benefits](#)," the authors write. "These findings could be useful for clinical or individual counseling and for public health policies and interventions."

**More information:** Mauricio dos Santos et al, Association of the "Weekend Warrior" and Other Leisure-time Physical Activity Patterns With All-Cause and Cause-Specific Mortality, *JAMA Internal Medicine* (2022). [DOI: 10.1001/jamainternmed.2022.2488](https://doi.org/10.1001/jamainternmed.2022.2488)

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