

Study: You can exercise too much

By Josh Magness, Sacramento Bee

Let's face it – at some time or another, we've all felt guilty about not going to the gym enough.

But according to a new study from Mayo Clinic Proceedings, those who go to the gym and exercise around 8 hours a week or more should rethink how much they work out, too.

Conducted by researchers at the University of Illinois at Chicago and Kaiser Permanente, the study found that those who work out more than three times the recommended amount a week are much more likely to develop heart disease than those who work out a moderate amount.

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