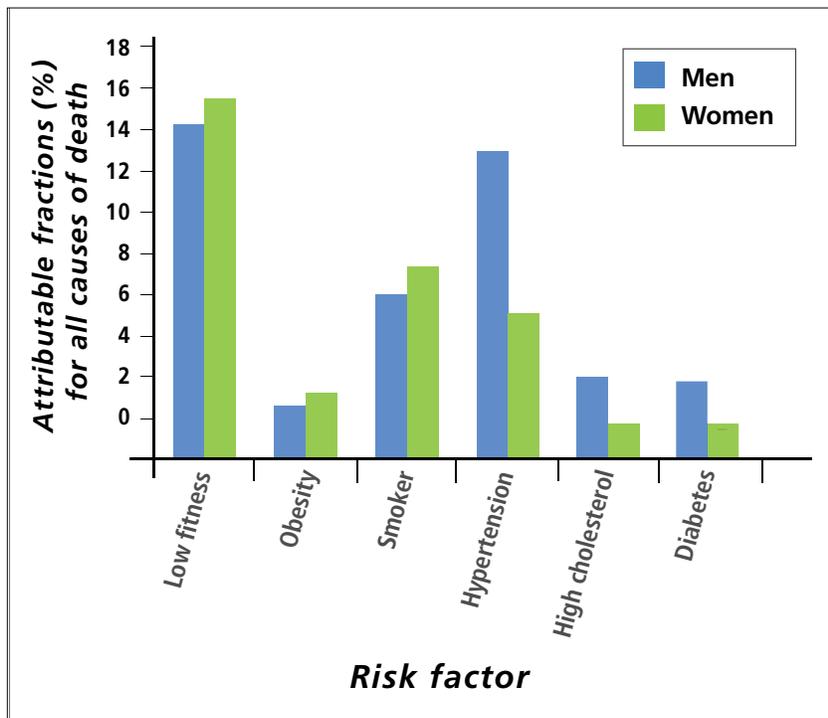


1 Physical inactivity may be the biggest public health problem of the 21st century.



A large study showed that low cardiorespiratory fitness levels contribute to more deaths than do other major chronic conditions.

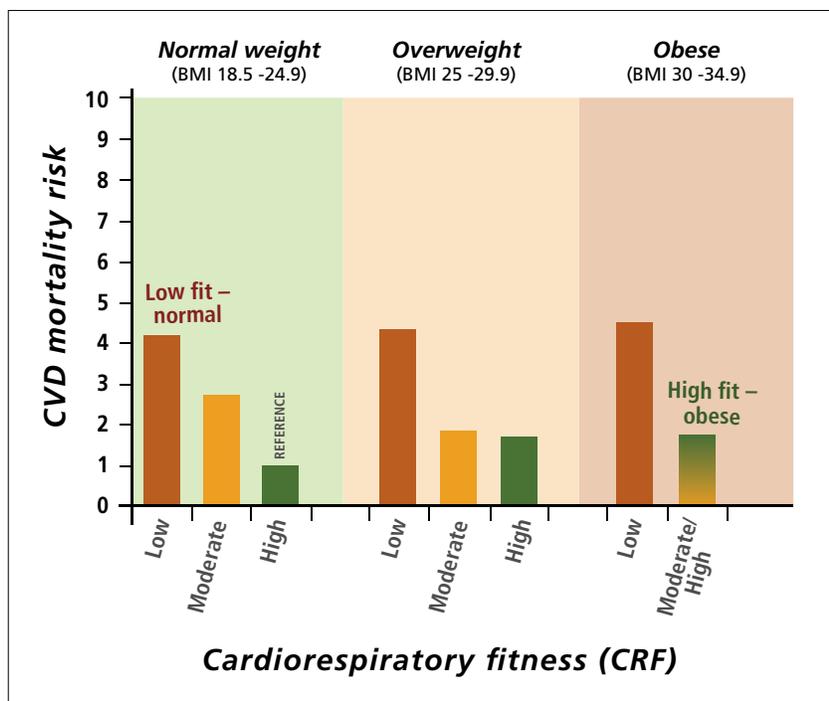
This graph shows the estimated percent of deaths that could have been avoided if each risk factor had not been there.

So, if people with a low level of fitness had been fit, almost 16% fewer would have died. In comparison, if smokers had not smoked, about 6% fewer would have died.

The best way to increase fitness is to increase physical activity level. Getting at least 150 minutes of moderate to vigorous activity per week will do more to prolong your life than almost any other treatment.

Source: Blair SN. Physical inactivity: the biggest public health problem of the 21st century. *Br J Sports Med.* 2009;43(1):1-2.

2 Fitness matters more than weight.



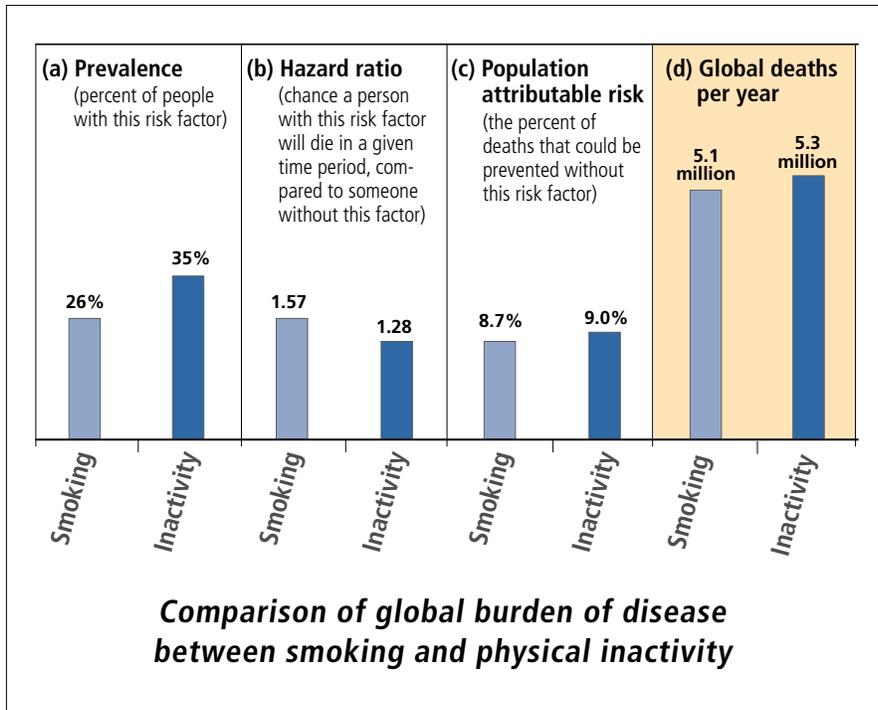
This study followed men with type 2 diabetes for almost 16 years. It measured each man's weight, his level of cardiorespiratory fitness, and whether he died of cardiovascular disease during that time.

In all three weight groups, the men with the lowest fitness levels were the most likely to die. The surprising finding is that *obese men with high — or even moderate — fitness were much less likely to die than normal-weight men with low fitness.*

The value of physical activity is not just to help you lose weight. Activity increases your cardiorespiratory fitness, which is important to your health whether or not you lose weight.

Source: Blair SN. Physical inactivity: the biggest public health problem of the 21st century. *Br J Sports Med.* 2009;43(1):1-2.

3 Inactivity causes more deaths than smoking.



This chart combines information from a number of studies to show:

(a) Prevalence: There are more people who are inactive than who smoke.

(b) Hazard ratio: The chance a smoker (compared to a nonsmoker) will die during a given period is higher than the chance an inactive person (compared to an active person) will die. A 1.0 means the chance is equal, and a 2.0 means the chance is double.

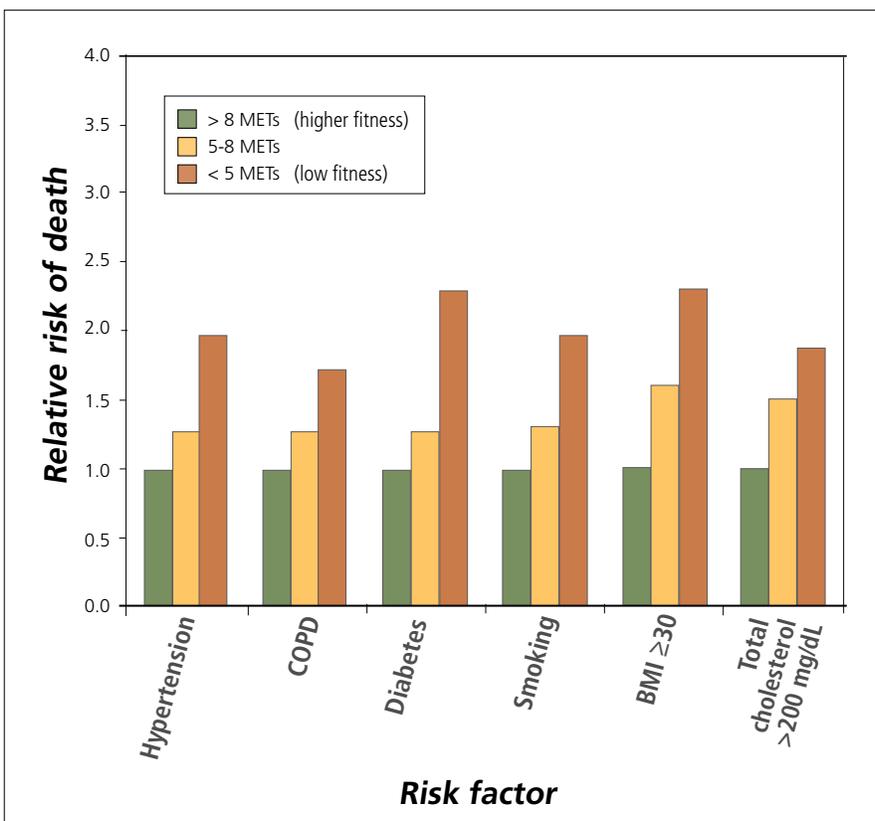
(c) Population attributable risk: Because more people are inactive than are smokers, more deaths could be prevented by increasing activity.

(d) Global deaths per year: Worldwide, more deaths are caused by the health effects of inactivity than by the health effects of smoking.

Sources: Wen CP, Wu X. Stressing harms of physical activity to promote exercise. *Lancet*. 2012;380:192-193.

Lee I-M, Shiroma EJ, Lobelo F, et al. Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy. *Lancet*. 2012;380:219-229.

4 Physical activity lowers your risk of dying from other health problems.



This study looked at patients who were referred for exercise testing because of a health condition (such as hypertension, COPD, etc.).

Patients were tested to identify their maximum exercise capacity (measured in METs — the amount of oxygen used by the body during physical activity). A person whose exercise capacity is 8 METs or higher is relatively fit. A person with capacity of 5 METs or lower has a low fitness level.

People in all these risk groups whose exercise capacity was lower than 5 METs had about twice the risk of death from any cause as people whose exercise capacity was greater than 8 METs. In fact, every increase of 1 MET improved survival by 12%.

Source: Myers J, Prakash M, Froelicher V, et al. Exercise capacity and mortality among men referred for exercise testing. *NEJM*. 2002;346(11):793-801.