



August 30, 2016 – Grand Rapids, MI

## Does Sitting Cancel Out Exercise?

This past Friday, I ran 4.5 miles on a great running and biking trail in Grand Rapids; it was a great morning and with the canopy of trees, it was cooler than it would have been in the sun. The rest of the day, I recorded my radio show, read, wrote, and finished off the day watching some home improvement shows. I typically spend more than eight hours sitting while I do what I do.

Unfortunately, that run won't reduce my risk of dying from cardiovascular disease—not based on the headlines for a scientific statement just released from the American Heart Association. In fact, because I exercise at a pretty strenuous level, they say my risk of death is twice as great as it is for people who exercise less. If that's the case, why should I continue?

Maybe, just maybe, could that headline be wrong? Or at least not completely correct? What type of evidence do they have to say that exercise is useless if you sit too much? The AHA assembled a group of experts to review all the research that has shown that being sedentary is a risk for disease and death based on existing epidemiological data; their objective was to see if there's enough data to say that being sedentary is a risk for CVD. They also were charged with giving recommendations for future research if there was not sufficient evidence.

I'll let you know what they found on Thursday. Until then, I won't quit working out just yet. All my health measurements, as well as common sense, tell me that exercise is making me healthier.



If you're an Insider, don't forget that the conference call is Thursday night. Dial-in instructions will be coming tomorrow.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://bit.ly/2bBt6Fh>

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