

### A Sedentary Lifestyle is Worse for Your Health than Smoking

According to a [new study](#) out of the Cleveland Clinic, cardiologist and senior study author, Dr. Wael Jaber, found that *“Being unfit on a treadmill or in an exercise stress test has a worse prognosis, as far as death, than being hypertensive, being diabetic or being a current smoker. We’ve never seen something as pronounced as this and as objective as this.”*

In a recent interview with [CNN](#), Jaber said that their researchers now have to do the hard work of conveying the risks to the general public that *“being unfit should be considered as strong of a risk factor as hypertension, diabetes and smoking -- if not stronger than all of them. It should be treated almost as a disease that has a prescription, which is called exercise”*.



*“You should demand a prescription from your doctor for exercise.”*

~ Dr. Wael Jaber

*“Cardiovascular disease and diabetes are the most expensive diseases in the United States. We spend more than \$200 billion per year treating these diseases and their complications. Rather than pay huge sums for disease treatment, we should be encouraging our patients and communities to be active and exercise daily,”* said Dr. Jordan Metz, sports medicine physician at the Hospital for Special Surgery.



The good news for **Live 2 B Healthy®** class participants, is that the benefits of exercise were seen across all ages and in both men and women, *“probably a little more pronounced in females,”* Jaber said. *“Whether you’re in your 40s or your 80s, you will benefit in the same way.”*

*“If you compare the risk of sitting versus the highest performing on the exercise test, the risk is about three times higher than smoking,”* Jaber explained.

Dr. Satjit Bhusri, a cardiologist at Lenox Hill Hospital, said this reinforces what we know. *“Sedentary, Western lifestyles have led to a higher incidence in heart disease and this shows that it’s modifiable. It’s reversible,”* he explained, adding that doctors are really good at treating patients who have had cardiovascular events but they can be prevented. *“We’re meant to walk, run, exercise. It’s all about getting up and moving.”*

Cory Czepa, Founder & President of **Live 2 B Healthy®** said, *“We hope that hearing about these new test results will encourage more seniors to consider joining our classes. It’s something we have known all along, but this new study really drives home the fact that **exercise is vitally important for everyone, regardless of age!**”*

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.