

Cardiovascular disease is the leading cause of death in Canada. We have known for a long time that physical activity can help lower your risk of dying from cardiovascular disease by improving your cardiovascular risk factors such as blood pressure, blood sugars, cholesterol and body weight. However, in a recent study, researchers showed that there is a benefit of physical activity in lowering your risk of dying from cardiovascular disease even without improvements in these factors. In this study, researchers showed in 10,261 Americans that engaging in either light or more strenuous physical activity can lower your risk from dying from cardiovascular disease, and that improvements heart disease risk factors were not necessary for lowering your risk of dying. In fact, engaging in either light or moderate physical activity had a similar benefit over doing no physical activity, even if activity levels are lower than what is currently recommended. This reinforces the importance of engaging in any type of physical activity for lowering your risk of dying from cardiovascular disease, even if you do not lose weight, or lower your blood pressure or cholesterol.

Reference: Reddigan JI, Riddell MC, Kuk JL. [The joint association of physical activity and glycaemic control in predicting cardiovascular death and all-cause mortality in the US population.](#) Diabetologia. 2012 Mar;55(3):632-5.

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