



Discover the True Risk Factor for Early Death

Description

Obesity is widely regarded as a significant factor in the risk of early death. However, a recent review reveals that cardiorespiratory fitness plays an even more crucial role in determining mortality risk and overall long-term health. While obesity is linked to numerous health issues, maintaining fitness is more essential than simply being 'slim' for longevity and sustained health, potentially prompting a reevaluation of public health strategies and treatments.

"As a society, we often equate body weight with health status," comments kinesiologist Nathan Weeldryer from the University of Virginia. "Our study, the most comprehensive and globally representative to date, alongside advanced statistical analysis, seeks to shift perspectives regarding the relationship between fitness and body fat."

Research teams from the US and the UK analyzed data from 20 studies published between 1980 and 2023, encompassing a sample of 398,716 participants. These studies examined body mass index (BMI), cardiorespiratory fitness, and mortality risk. They discovered that individuals with obesity who are fit have a similar risk of early death as those of normal weight who are fit. Moreover, being fit with obesity can lead to a longer life compared to being of normal weight but unfit.

While fitness is not the only factor affecting health, its importance is underscored in the study findings, confirming earlier research linking fitness to reduced mortality risk. "Fitness trumps fatness in terms of reducing mortality risk," states exercise physiologist Siddhartha Angadi from the University of Virginia. "Exercise is more than calorie burning; it's a vital tool for optimizing health and reducing cardiovascular and all-cause death risks, irrespective of size."

Despite acknowledging the health challenges posed by obesity, affecting approximately 1 in 8 people worldwide, the study encourages prioritizing exercise over weight loss methods. "Repetitive cycles of weight loss and gain, known as yo-yo dieting, pose health risks akin to obesity," says exercise physiologist Glenn Gaesser from Arizona State University. "Enhancing cardiorespiratory fitness could help mitigate these adverse health impacts."

The research findings are published in the *British Journal of Sports Medicine*.

Vocabulary List:

1. **Obesity** /ə'bi:si.ti/ (noun): A medical condition characterized by excessive body fat.
2. **Mortality** /mɔ:r'tæl.ə.ti/ (noun): The state of being subject to death; death rate.
3. **Cardiorespiratory** /,kɑ:r.diə'sres.pə.rə.tɔ:r.i/ (adjective): Relating to the heart and the respiratory system.
4. **Longevity** /lɒn'dʒɛv.i.ti/ (noun): Long duration of life.
5. **Mitigate** /'mitɪ,geɪt/ (verb): To make less severe or serious.



6. **Adverse** /æd'vɜ:rs/ (adjective): Preventing success or development; harmful.

Comprehension Questions

Multiple Choice

1. According to the text, what is regarded as a significant factor in the risk of early death?
Option: Cardiorespiratory fitness
Option: Body Mass Index (BMI)
Option: Slimness
Option: Public health strategies
2. Who comments on the perspective shift regarding the relationship between fitness and body fat?
Option: Nathan Weeldryer
Option: Siddhartha Angadi
Option: Glenn Gaesser
Option: Ratan Naval Tata
3. What did the research teams analyze in their studies?
Option: Exercise intensity
Option: Dietary habits
Option: Blood pressure
Option: Body Mass Index (BMI), cardiorespiratory fitness, and mortality risk
4. According to exercise physiologist Siddhartha Angadi, what is more important in reducing mortality risk?
Option: Body fat percentage
Option: Dietary supplements
Option: Exercise
Option: Weight loss methods
5. What is encouraged to be prioritized over weight loss methods?
Option: Cardiorespiratory fitness
Option: Diet pills
Option: Surgery
Option: Fad diets
6. Who mentions the health risks associated with repetitive cycles of weight loss and gain?



- Option: Nathan Weeldryer
- Option: Siddhartha Angadi
- Option: Glenn Gaesser
- Option: Ratan Naval Tata

True-False

- 7. Cardiorespiratory fitness plays a more crucial role in determining mortality risk than obesity.
- 8. Being fit with obesity can lead to a shorter life compared to being of normal weight but unfit.
- 9. "Exercise is more than calorie burning; it's a vital tool for optimizing health," is a statement made by Siddhartha Angadi.
- 10. The study suggests that yo-yo dieting poses health risks similar to obesity.
- 11. The study findings are published in the American Journal of Sports Medicine.
- 12. Cardiorespiratory fitness is highlighted as the only factor affecting health in the study.

Gap-Fill

- 13. According to the text, approximately 1 in _____ people worldwide are affected by obesity.
- 14. The research teams analyzed data from _____ studies published between 1980 and 2023.
- 15. Glenn Gaesser is affiliated with Arizona State University, while Siddhartha Angadi is from the University of _____.
- 16. The study encourages enhancing cardiorespiratory fitness to help mitigate the adverse health impacts of yo-yo _____.



17. According to the text, maintaining fitness is more essential than simply being _____
for longevity and sustained health.

18. The researchers examined the link between body mass index (BMI), cardiorespiratory fitness, and
mortality risk in a sample of _____ participants.

Answer

Multiple Choice: 1. Obesity 2. Nathan Weeldryer 3. Body Mass Index (BMI), cardiorespiratory fitness, and
mortality risk 4. Exercise 6. Glenn Gaesser

True-False: 7. True 8. False 9. True 10. True 11. False 12. False

Gap-Fill: 13. 8 14. 20 15. Virginia 16. dieting 17. slim 18. 398,716

Answer

CATEGORY

1. Health - LEVEL4

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