

《办公室上班族注意！每天一小时运动减少健康隐患》

导读:刊登在《柳叶刀》上的一项新的研究建议，久坐办公室工作的人应该每天活跃地运动一小时，以抵消掉早期死亡的风险。



A new study recommends that people who work in a sedentary, office situation should get an hour of “brisk exercise” every day to offset the risk of early death.

??

The recommendations were published in the journal Lancet, which also reported that heart disease, diabetes and some cancers caused by a sedentary lifestyle cost the global economy \$67.5 billion every year.

??675????

Lack of activity is also linked to some 5.3 million deaths each year, even more than smoking.

?????????530????????????????????

