

《久坐可能比我们想象的危害更大》

导读:久坐比我们所能想到的危害更大，而且缓解其危害的方式并非运动而是少坐。



If you work a desk job, you might make up for all that sitting around by going for a run every day after leaving the office. That exercise cancels out the negative effects of eight hours spent in a chair, right?

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Wrong, according to a new advisory from the American Heart Association.

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In the lengthy paper, a team of cardiology experts reviewed existing evidence about the link between sitting and health. Their conclusions, published this week in the journal *Circulation*, say that no amount of physical activity is enough to combat the dangerous health effects of sitting for hours each day.

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The average American sits for six to eight hours per day, according to the AHA's report. Studies have linked long periods of sitting with an increased risk for diabetes, heart disease and even cancer. Sedentary days have also

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