

《你是否知道生气时运动也可能会带来生命危险呢？》

导读:一项由加拿大安大略省麦克马斯特大学人口健康研究院牵头的研究表明，愤怒或沮丧情绪可使一小时内心脏病发作的风险加倍；身体严重劳顿感也会带来同样危害。两种状态同时出现会使心脏病发作的风险增加两倍以上。



Exercise has always been seen as a major mood booster and stress reliever: It boosts endorphins and can help distract you from whatever's on your mind, which is why it feels good to walk it off when you're frustrated.

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But new research published in the Heart Association journal *Circulation* suggests that while hitting the gym super hard when you're pissed might do wonders for your mental health, it could do more physical harm than good. When researchers polled 12,461 heart attack patients, they found that roughly one in seven people had been angry or upset, or reported physical exertion in the hour leading up to the event. But people were three times more likely to have heart attacks after they'd been feeling mad and participated in some sort of strenuous activity during that same 60-minute window.

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While the study only associates angry exercise to heart attack risk without proving cause and effect, the connection makes perfect sense. Both physical activity and intense emotion can raise your blood pressure and heart rate,

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