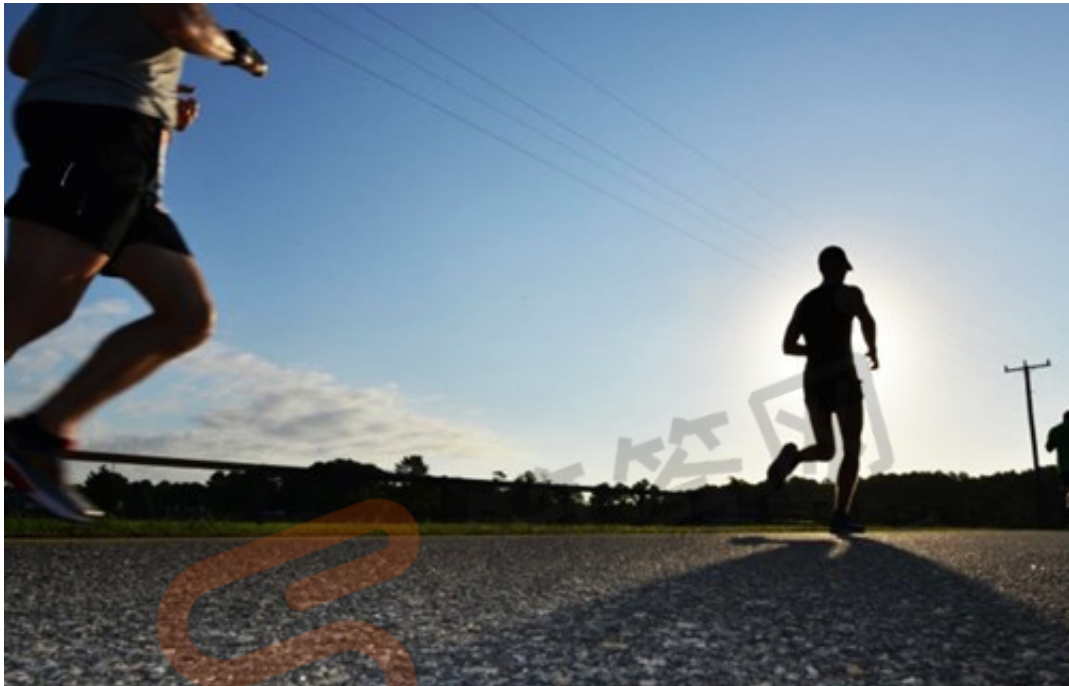


众所周知，保持健康好处众多，并且一项新的大型研究发现，远离健身房是对健康最糟糕的事。



It's common knowledge that there are many benefits to being fit, but one large new study found that skipping out on the gym is practically the worst thing you can do for your health.

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In fact, the study claims not exercising might be more harmful to your health than smoking.

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New findings, published Friday in the journal JAMA Network Open, detail how researchers at the Cleveland Clinic studied 122,007 patients from 1991 to 2014, putting them under treadmill testing and later recording mortality rates. Researchers found a clear connection between a longer, healthier life and high levels of exercise. The report calls for health care professionals to encourage patients to achieve and maintain a robust fitness routine.

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Wael Jaber????????????????????

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