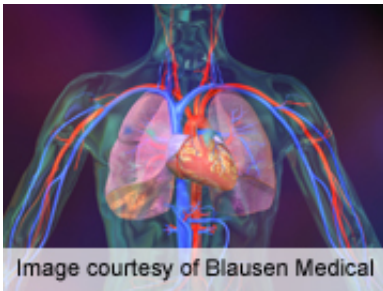


Direct fitness measures better predict cardiometabolic risk

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(HealthDay)—Directly measured fitness is more strongly associated with cardiovascular risk than self-reported physical activity level, according to research published in the Feb. 15 issue of *The American Journal of Cardiology*.

Camille Michael Minder, M.D., of the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease in Baltimore, and colleagues analyzed data from the International Physical Activity Questionnaire: Short Form (IPAQ-SF) and treadmill stress tests for 2,800 healthy Brazilian subjects undergoing employer-sponsored screening (mean age, 43 ± 9 years; 81 percent male; 43 percent highly active). The association between self-reported physical activity level and objectively measured [physical fitness](#), and the association of each with cardiometabolic risk, was examined.

The researchers found that self-reported physical activity level and fitness were moderately correlated ($r = 0.377$). Compared with IPAQ-SF category, a stronger correlation was found between fitness and cardiometabolic risk factors, including anthropomorphic measurements, blood pressure, dyslipidemia, fasting blood glucose, [hepatic steatosis](#), and high-sensitivity C-reactive protein (all P

"When analyzing two discordant groups of unfit/active and fit/inactive subjects, we found that fitness correlated better with cardiometabolic risk than did self-reported physical activity," the authors write.

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