

### *New Study Shows Push-Up Performance Predicts Future Cardiovascular Disease*

Yang, J. et al. (2019) Association Between Push-Up Exercise Capacity and Future Cardiovascular Events Among Active Adult Men JAMA Network Open 2(2): e188341. doi:10.1001

#### QUOTE BOARD:

"Significant negative associations were found between increasing push-up capacity and CVD events. Participants able to complete more than 40 push-ups were associated with a significantly lower risk of incident CVD event risk compared with those completing fewer than 10 push-ups."

"The findings suggest that higher baseline push-up capacity is associated with a lower incidence of CVD events. Although larger studies in more diverse cohorts are needed, push-up capacity may be a simple, no-cost measure to estimate functional status."

#### What You Need to Know:

Chronic illness, including cardiovascular disease, is always a result of multiple factors caused by unhealthy lifestyle habits that produce a state of overall sickness.

Due to the fact that unhealthy lifestyle habits cause chronic illnesses, measures of lifestyle are very predictive of chronic illness. Physical performance tests for strength and cardiovascular fitness are particularly valid because they cannot be "faked" - the results are objective and revealing. This is exactly why these tests are part of our Lifestyle Health Risk Assessment!

Measures of muscular strength such as grip strength and push-ups are often more accurate predictors of mortality and heart disease than blood tests or even blood pressure tests. This is because the results of blood tests and blood pressure tests are determined by our lifestyle habits and lifestyle habits determine our strength and cardiovascular fitness.

#### What You Need to Do:

There is simply no getting around it. If you want to be healthy, feel better, and prevent chronic illness you need to be physically fit. If you want to be physically fit, you must engage in healthy lifestyle habits that make you stronger and more aerobically fit.

Exercise is not simply a way to look and feel better or to lose weight or to get stronger and faster - though it will accomplish all of these things. Exercise is a genetically required lifestyle choice to express health and prevent illness. Exercise is an essential component of 'Living Right for Your Species Type'.

Ask your practitioner about getting an Evidence-Based Chiropractic and Lifestyle Protocols Lifestyle Health Risk Assessment and find out exactly what your current risk status is, what lifestyle choices are causing this risk, and what lifestyle choices are required to eliminate that risk and express your potential for wellness and prevention.