

Ads by Google

Renueva tu seguro
GRATIS
Y para tus amigos
50€ DE DCTO
INFÓRMATE
AQUÍ
verti

¡Juega AHORA gratis!
TRAVIAN
BROWSER GAME
¡Juega AHORA gratis!

RELATED ARTICLES

[Smokers less likely to know they have high BP](#)
July 27, 2009

[Some obese people not at heart disease, diabetes risk](#)
June 20, 2010

[Loving relationships are good for the heart](#)
October 9, 2007

IN-DEPTH COVERAGE

[Heart Disease](#)[British Heart Foundation](#)

You can be both fat and fit: Study

Agencies Sep 6, 2012, 04:49AM IST

0	0
Tweet	Recomendar

Tags: [University of Granada](#) | [Physically fit](#) | [BBC News](#)

London: Nearly half of overweight people per se are physically fit and healthy and at no greater risk of heart disease or cancer, than their slim peers, researchers claim. According to experts, the key is being "metabolically fit", meaning no high blood pressure, cholesterol or raised blood sugar, and exercising.

Looking at data from over 43,000 US people they found that being overweight per se did not pose a big health risk, the BBC News reported.

More than a third of the participants were obese in the study conducted at the University of South Carolina.

Of these 18,500, half were assessed as metabolically healthy after a physical examination and lab tests.

This subset of metabolically healthy obese people who did not suffer from conditions such as diabetes, high cholesterol or high blood pressure, were generally fitter and exercised more than the other obese people. Their risk of developing or dying from cardiovascular disease or cancer was identical to people of ideal weight and was half that of "metabolically less fit" obese people. Lead researcher Dr Francisco Ortega, who currently works at the University of Granada in Spain, said the findings show that getting more exercise can keep you healthier, even if you still carry a bit of extra weight.

"It is well known that obesity is linked to a large number of chronic disease like cardiovascular problems and cancer. However, there appears to be a sub-set of obese people who seem to be protected from obesity-related metabolic complications," he said.

Most of the participants came from a similar background, meaning the results may not apply to everyone. They were mostly Caucasian, well educated, and worked in executive or professional positions.

"In the majority of cases, obesity is an undeniable risk factor for developing coronary heart disease. However, these studies remind us that it is not always your weight that's important, but where you carry fat and also how it affects your health and fitness," Amy Thompson, of the British Heart Foundation, said.

Ads by Google

Single Czech Ladies

Pretty women from Czech Republic are looking for true love now.

[Single-Baltic-Lady.com/Czech](#)

Study the Human Heart

See in Real 3D 3D Heart and Circulatory

[www.visiblebody.com](#)

FEATURED ARTICLES



12 Indian foods that cut fat



5 Steps to a flat tummy in 7 days



10 Tips for guaranteed weight loss

More: