

# New scientific discovery: Jogging may not be good for health

Recent research results show that people who run a lot and those who never run have a shorter lifespan than moderate exercise practitioners.

For decades, most of us think jogging is one of the best exercise subjects. However, this view may now be considered counterproductive by new scientific findings.

A team of scientists in the study recently discovered that people who run regularly have a lower life expectancy. Specifically, research results show that people who run a lot and those who never run have a shorter lifespan than moderate exercise practitioners.



What really shocked everyone - it was research that **jogging was really bad for health** . Researchers from the Heart Research Institute at Lehigh Valley Health Network in Pennsylvania surveyed more than 3,800 people and found that 70% of them often run more than 32km / week. To find out more, the research team looked at the health status of each study participant including the drugs they used. In addition, the team examined whether hypertension, cholesterol levels were measured, and whether they smoked or ever smoked.



Finally, the team found that these factors were not used to explain why the group of high runners had a lower life expectancy. When going into the study, Dr. James O'Keefe suspects that the result could be caused by the " *wear and tear* " of the athlete's body. Based on the results, Dr. James O'Keefe recommends that people only run for about 2 1/2 hours a week.

Original: Jogging can really be BAD for you: Scientists find people who run a lot have shorter lifespans posted by Adam Aspinall via MIRROR News.

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