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Watching hours of TV daily could shorten your life

Ορθοδοξία και Ορθοπραξία / Θεολογία και Ζωή

Researchers from the Baker IDI Heart and Diabetes Institute in the state of Victoria tracked the lifestyle habits of 8,800 adults and found that each hour spent in front of the TV daily increased the risk of dying earlier from cardiovascular disease.

The study, published in “Circulation: Journal of the American Heart Association,” found every hour in front of the TV was associated with an 11 percent increased risk of death from all causes, a 9 percent higher risk of cancer death, and an 18 percent increased risk of cardiovascular disease (CVD) related death.

“Compared with people who watched less than two hours of television daily, those who watched more than four hours a day had a 46 percent higher risk of death from all causes and an 80 percent increased risk for CVD-related death,” the researchers said in a statement. (περισσότερα…)