

Walking tied to better QoL in those with/at risk for CVD

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(HealthDay)—Walking is associated with improved quality of life (QoL)

among those at risk for or living with cardiovascular disease (CVD), according to a study published in *PLoS One*.

Viviane de Menezes Caceres, from the University of Adelaide in Australia, and colleagues investigated whether physical activity (PA) of different intensity and [duration](#) moderates the relationship between CVD and its risk factors (obesity, hypertension, diabetes, dyslipidemia) and QoL in adults participating in the EpiFloripa Cohort Study (Southern Brazil; n = 1,220) and the North West Adelaide Health Study (South Australia; n = 1,661).

The researchers found that participants at risk for or with CVD from both studies had a lower QoL than "healthy" individuals, with a stronger relationship for the physical domain. There was a direct-trend correlation between PA duration and QoL, but the associations were stronger for moderate/vigorous PA (MVPA) in both studies. The magnitude of the association between walking duration and a higher physical QoL was greater among those at risk for or with CVD versus healthy individuals. In Australians with CVD, MVPA was associated with a better physical QoL only when its duration was ≥ 150 minutes/week. Associations were stronger in the Australian study than in the Brazilian study.

"These findings should be considered in the design of [public health interventions](#) designed to increase PA and improve QoL," the authors write.

More information: [Abstract/Full Text](#)

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