

A Sedentary Lifestyle Comes with Major Health Risks – soundbite transcripts

*****SOT*****

Dr. Darrel Gumm, Interventional Cardiologist, OSF HealthCare Cardiovascular Institute

“I think it’s a real wakeup call. We shouldn’t be so shocked that exercise is good, because we’ve been saying that for a long time. But now when we compare it to doing nothing. Those people who don’t do anything more than get up and walk around during the day, that are truly sedentary, it is up to a 500% difference, and we’re talking about cardiovascular death. So it’s really a big deal.” (:24)

*****SOT*****

Dr. Darrel Gumm, Interventional Cardiologist, OSF HealthCare Cardiovascular Institute

“It’s the classic couch potato. Sitting and snacking on some chips and watching TV. Really not doing as much. And many people think, ‘I walk around at work. I’m required to do this and do that.’ But that still isn’t the same as continuous aerobic exercise that would go for 20, 30, 40 minutes. Doing that three to five times a week pays off a huge benefit.” (:29)

*****SOT*****

Dr. Darrel Gumm, Interventional Cardiologist, OSF HealthCare Cardiovascular Institute

“What’s my bottom line? How do we summarize it all? Get moving! That’s what’s going to pay off.” (:08)