

Run... for a long and healthy life

WASHINGTON: People who want to live a long and healthy life might want to take up running.

A study published on Monday shows middle-aged members of a runners' club were half as likely to die over a 20-year period as people who did not run.

Running reduced the risk not only of heart disease, but also of cancer and neurological diseases such as Alzheimer's, researchers at Stanford University in California found.

"At 19 years, 15 per cent of runners had died, compared with 34 per cent of controls," Dr Eliza Chakravarty and colleagues wrote in the *Archives Of Internal Medicine*.

But any type of vigorous exercise will likely do the trick, said Stanford University's Dr James Fries, who worked on the study.

"Regular vigorous physical activity is important," he said in a telephone interview.

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