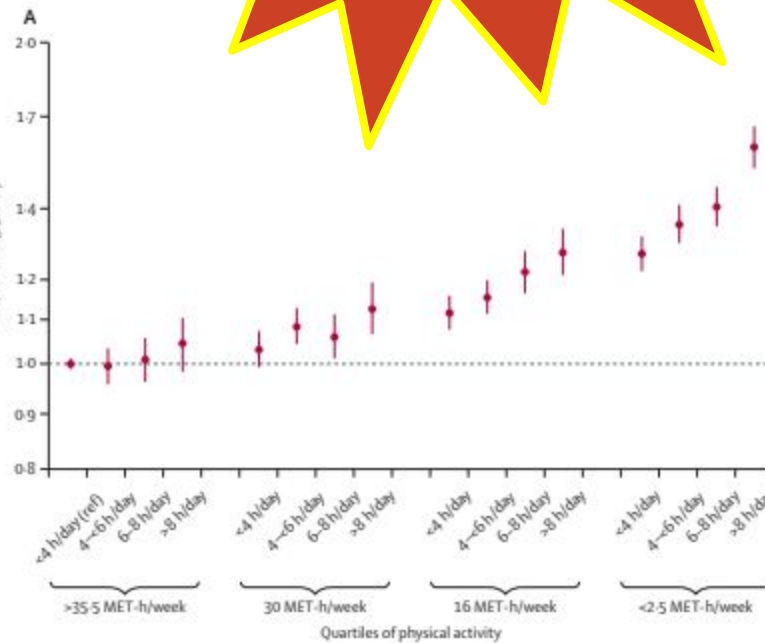


All the motivation you should ever need to exercise in one graph



The HR gives your risk of premature death compared to control group:

HR of 1.x = x% higher risk than control group.

The control group is people who sit less than 4h/day and total over 35.5 MET-h/week. If that's you, pat yourself on the back.

This is for sitting but standing at a desk, counter, etc. has the same MET cost. Include it to be on the safe side. Or not. It's your life expectancy, after all.

The quartile of physical activity depends of how much MET-h you accrue over a week. Anything under 3 does not count.

Time at the gym may count but 'anything over five reps is cardio' is bullshit. HIIT cardio counts but you still should do some LISS to be on the safe side.