

The suburbs make you fat, more researchers conclude

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Raymond Chen

Two legs good – four wheels bad. (With apologies to George Orwell.)

Researchers link increase car use with obesity.

Each hour spent in a car was associated with a 6 percent increase in the likelihood of obesity and each half-mile walked per day reduced those odds by nearly 5 percent, the researchers found.

A study last year came to a similar conclusion. Good to know that quality research yields quality results.

Raymond Chen

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