



Figure 12a: Variations in visceral fat in different people with the same waist circumference. [By ImagingFat (Images from cohort of volunteers) [GFDL (<http://www.gnu.org/copyleft/fdl.html>) or CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons]

However, there is a really important point to make about visceral fat. That is, skinny people can also have a large amount of visceral fat (figure 12a), although appearing to be slim on the outside.

Exercise

We all know that exercise strengthens the cardiovascular system and protects us from heart disease. In fact, general fitness is strongly associated with protection from dying of all causes. People with the lowest capacity for exercise have 4.5 times the risk of dying when compared with people who have the greatest capacity for exercise [16].