



Push-ups Prevent Heart Attacks?!?!

Original Investigation | Nutrition, Obesity, and Exercise

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Association Between Push-up Exercise Capacity and Future Cardiovascular Events Among Active Adult Men

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The humble exercise that we all dreaded during PE class is a fantastic indicator of your risk for a heart attack. The Journal of the American Medical Association did a study of 1,104 active adult men. Participants who were able to do more than 40 push-ups had a significant decrease in their risk of heart attack when compared to those who could do fewer than 10 push-ups. The original intention behind this study was to see if clinicians could use push-ups as a measure for fitness and cardiovascular disease risk.

In the words of this JAMA study, “Push-up capacity is a no-cost, fast, and simple measure that may be a useful and objective clinical assessment tool for evaluating functional capacity and cardiovascular disease risk.”

It looks like push-ups are rivaling statins when it comes to preventing heart disease. Who knew that exercise could have such a powerful impact on disease risk factors?

In all seriousness, the fact that push-ups can dramatically reduce your chances of getting a heart attack is incredible. Push-ups are a very frictionless

exercise. They don't require a gym membership and there's no equipment involved. You can literally transform your health with nothing but the floor beneath your feet. There truly are no excuses to not exercise. This study wasn't short-lived. Participants were followed for 10-years.

Findings This longitudinal cohort study of 1104 occupationally active adult men found a significant negative association between baseline push-up capacity and incident cardiovascular disease risk **across 10 years of follow-up**. Participants able to complete more than 40 push-ups were associated with a significant reduction in incident cardiovascular disease event risk compared with those completing fewer than 10 push-ups.

With cardiovascular and metabolic disease on the rise in our country, we need to remember that simple tools are at our disposal to improve our health outcomes. You shouldn't be worrying about vitamin injections, cleanses, or supplement protocols until you get the basics down.

When it comes to exercise, all you need is 15 minutes to get a good workout in. Personal training, fancy gym memberships, and warm towels in the locker room are all icing on the cake. Just remember that health is simple. Simple training, simple (and clean) diet, and simple practices work wonders for your health.

If you need help with starting a new exercise routine, let us know at the front desk. We recommend T3 training. These are also known as Surge workouts. It will provide you with some foundational exercises that will help you on your health and fitness journey.