regular exercise for more than 7 hours per week and 4 hours per week, respectively, and increased with TV watching for more than 16 hours per week and office work for more 14 hours per week. Additionally, the risk of T2DM decreased after exercising for more than 4 hours per week. In women, frequent TV watching increased the risk of HTN and frequent office work decreased the risk of T2DM, while physical activity practices did not affect any of these cardiometabolic factors.

In the ATTICA study, a regional Greek study, physical activity was found to be inversely associated with the cumulative risk factors score of OB, HTN, HCE, and T2DM, in both genders, but not with each risk factor separately. A number of studies have reported that higher levels of PA, especially moderate-intensity exercise, are associated with significant reduction in risk of T2DM and insulin resistance. Williams showed that exercise intensity is inversely associated with the prevalence of HTN, HCE and T2DM. The same author found, in another report, that fitter men had lower odds of becoming diabetic, hypercholesterolemic and hypertensive (86%, 67%, 62%, respectively). Gill and Cooper presented data from six large-scale interventional trials and showed that adults with impaired glucose tolerance or at high risk of CVD had high (23.6% in total; 24.2% for men and 23.6% for women) and the majority of the participants reported a sedentary lifestyle, with TV watching being their main entertainment activity (approximately 4 hours per day).