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Should Fitness Status be Considered in Clinical Practice?

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**Target audience:** Members of the medical staff all subspecialties, medical residents and students.

**Learning objectives:**

* Define the association between exercise capacity and health outcomes in individuals with and without risk factors
* Define the approximate number of steps per day and the peak MET level associated with approximately 50% lower risk of mortality
* Should poor cardiorespiratory fitness (CRF) be considered a CV risk factor of similar status to the traditional risk factors for CV disease

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