

# Physical and cognitive fitness may affect ALS risk

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New research suggests that physical fitness, body mass index (BMI), IQ, and stress resilience in young adulthood may have effects on the risk of developing amyotrophic lateral sclerosis (ALS), or Lou Gehrig's disease.

When investigators analyzed information on more than 1.8 million Swedish men (439 of whom developed ALS), those with high levels of [physical fitness](#) tended to have an elevated risk of developing ALS before the age of 45 years.. Individuals with BMI  $\geq 25$  tended to have a lower risk of ALS at all ages compared with those with BMI

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