

Vitamin D levels linked to cardiorespiratory fitness

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(HealthDay)—Serum vitamin D levels are associated with

cardiorespiratory fitness (CRF), according to a study recently published in the *European Journal of Preventive Cardiology*.

Amr Marawan, M.D., from the Virginia Commonwealth University School of Medicine in Richmond, and colleagues used data from the National Health and Nutrition Examination Survey (2001-2004) to assess the association between vitamin D levels and CRF. Their analysis included 1,995 participants aged 20 to 49 years. They excluded individuals with vitamin D levels at the 5 percent extremes of the distribution and used maximal oxygen consumption (VO₂ max) as a surrogate for CRF.

The [researchers](#) found that participants in the highest quartile of vitamin D levels had significantly higher CRF than participants in the lowest quartile (difference, 4.3). After adjustment for potential confounders, [participants](#) in the highest quartile still had significantly higher CRF than those in the lowest quartile (difference, 2.9). For each 10-nmol/L increase in vitamin D level, there was a significant increase in VO₂ max.

"We found an independent and robust association between serum vitamin D levels and CRF, but our results need to be validated with [clinical trials](#) examining the effect of vitamin D supplementation on CRF," the authors write.

More information: [Abstract/Full Text](#)

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