



HEALTH BENEFITS OF EXERCISE REPORT

HIGH INTENSITY INTERVAL EXERCISE HELPS ADOLESCENT BOYS MANAGE BLOOD GLUCOSE



High intensity interval training has increased in popularity over the past decade, but results have been mixed when it comes to the impact on glucose control. A study

in the *Journal of Science and Medicine in Sport* looked at the impact of high intensity and moderate intensity exercise on insulin sensitivity (a measure of how sensitive the body is to the blood sugar lowering hormone insulin), blood glucose tolerance (a measure of the body's response to glucose), and exercise enjoyment in a group of adolescent boys. During the study, nine boys completed exercise in three conditions over the course of three days – high intensity exercise, moderate intensity exercise, and rest – each on separate days.

Results indicated that a single bout of high intensity exercise is as effective as a bout of moderate intensity exercise for improving glucose tolerance and insulin sensitivity compared to rest, and both were enjoyed by adolescent males. Health clubs are a safe, supportive place for adolescents to perform both high and moderate intensity exercise.

PHYSICAL EXERCISE MAY BENEFIT PEOPLE WITH EPILEPSY

Epilepsy is a neurological disorder characterized by repeated seizures. Prevailing thought had been to restrict certain activities in the name of safety, including exercise. Over the past few decades there has been a change in attitude, but the precise role of exercise in causing seizures or making epilepsy worse still remains in debate. An article in the

journal *Seizure* discusses the role and potential benefits of exercise in people with epilepsy.

The authors point out that retrospective and population based studies in humans and animals have shown that exercise may actually be beneficial for people with epilepsy. The body of research has associated physical activity with improved physical and mental health and better social integration. Exercise was also linked to reduced stress and number of seizures. General consensus today is that physical exercise need not be restricted in people with well-controlled epilepsy.

ADDING AEROBIC EXERCISE TO WEIGHT LOSS INTERVENTION PROVIDES LASTING BENEFITS



A study in the *Journal of Nutrition, Health, and Aging* compared the effect of a weight loss program with and without aerobic exercise on

diet adherence and un-structured physical activity. The study included 79 overweight and obese women between the ages of 45-76, half of whom participated in a weight loss program with added aerobic exercise and the other half who participated in just the weight loss program.

The findings showed that after six months, both groups had lost similar amounts of weight (around 9% of body weight), adhered similarly to their diets, and neither experienced significant changes in their metabolic rate. However, the exercise group did see an improvement in their aerobic fitness. Additionally, the aerobic exercise group saw a smaller reduction in un-structured exercise activities after the weight loss program ended than did the non-exercise group.

This suggests that adding exercise to a weight loss intervention can benefit participants by preventing a decline in physical activity after the intervention ends. Health clubs are a supportive place to pursue weight loss, and many offer programs incorporating nutrition and exercise to achieve results.

SOURCES

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