



HEALTH BENEFITS OF EXERCISE REPORT

PHYSICAL ACTIVITY ASSOCIATED WITH LOWER RISK OF CHRONIC DISEASE, BETTER SELF RATED HEALTH



Physical activity has been shown to help prevent chronic disease and improve health. A new study published in the journal *BMC Public Health* examined the associations between exercise and multiple

concurrent chronic conditions, self-rated health, and physical limitations in Spanish adults. The study reviewed data on over 22,000 adults.

Results showed a link between physical activity and fewer chronic conditions among older and middle-aged males and younger females. In addition, among middle and older aged adults, self reported health status was directly associated with meeting minimum physical activity levels, and there were significant links between lower volumes of activity and the existence of physical limitations in men and women of middle and older age.

These findings indicate that there is an inverse relationship between physically active lifestyles and multiple chronic diseases, lower self reported health status, and physical limitations. Health clubs provide a safe place for adults to be active.

RUNNING DOESN'T INCREASE YOUR RISK OF KNEE OSTEOARTHRITIS

Running is often associated with knee and other joint issues, but findings of a new study presented at the American College of Rheumatology annual meeting shows that association may be misplaced. The study surveyed over 2,600 people about which types of physical activity they had done at various times in their lives.

The results showed that the 29% of the group who were runners at some point in their lives experienced knee pain less often than non-runners, and also had fewer symptoms of knee arthritis. These findings indicate that running likely does not increase the risk of arthritis, and it may even provide some protection. Lead author Dr. Grace Hsiao-Wei Lo of Baylor College of Medicine added "in people who do not have knee osteoarthritis, there is no reason to restrict participation in habitual running at any time in life

Health clubs provide a safe, supportive environment for activity, and can provide a warm, comfortable place to run during colder months.

EXERCISE, STATIN USE, AND FRUIT AND VEGETABLE INTAKE REDUCES RISK OF PREMATURE DEATH IN PEOPLE WITH ALZHEIMER'S DEMENTIA



The impact of various lifestyle factors on Alzheimer's risk is still up for debate. A review in the *Journal of Alzheimer's Disease* analyzed data from over 15,000 participants in the National Runners' and Walkers'

Health Studies to assess the relationship between exercise, statin use, and fruit and vegetable intake with risk of premature death from or related to Alzheimer's disease.

The results showed that compared to the lowest exercise group, the group who exercised most (less than 1.07 METs versus greater than 3.6 METs per day) saw a 40% reduction in risk of premature death. Statin use was associated with a 61% decrease in risk of premature death compared to non users, and fruit and vegetable intake of two to three pieces per day was linked with 39.7% lower risk of Alzheimer's disease mortality compared to less than one piece per day. These findings show that exercise, statin use, and fruit and

vegetable intake are all separately associated with a lower risk of premature death from Alzheimer's disease.

Health clubs provide a safe, supportive environment to pursue a healthy, active lifestyle.

SOURCES

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