



HEALTH BENEFITS OF EXERCISE REPORT

EXERCISE IS GOOD REHABILITATION FOR PEOPLE WITH HEART FAILURE



Previous reviews have shown that exercise is beneficial and increases exercise capacity among people with heart failure. A new review in the

Cochrane Database of Systematic Reviews looked at the impact of exercise on health-related quality of life, premature death, and hospital admissions among heart failure patients. Researchers compiled studies from 2008 – 2013, aggregating a total of 47 studies involving over 4,700 participants.

The review showed that exercise rehabilitation reduced the risk of all-cause and heart failure-specific hospitalizations and improved health related quality of life, as measured by a heart failure-specific quality of life survey. The review also concluded that exercise did not increase or decrease the likelihood of premature death among participants. In addition, several studies found that exercise rehabilitation was a cost effective strategy for increasing quality-adjusted life years (a measure of increased life span of good health).

This updated review concludes that exercise is beneficial for people suffering from heart failure, and health clubs provide safe places for patients to improve their health through exercise.

RESISTANCE TRAINING BENEFITS CANCER SURVIVORS

A study in the journal *Mayo Clinic Proceedings* used data from a long-term study of cancer survivors in Dallas, Texas to assess the impact of resistance exercise on premature death among cancer

survivors. The study pulled data on over 2,000 people between 1987 and 2002.

The results of this particular study found no association between general physical activity and premature death, but they did find that resistance exercise was associated with a 33% lower risk of dying prematurely. Health clubs provide a safe, supportive environment to engage in both aerobic and resistance exercise.

PARTICIPATION IN SCHOOL SPORT HELPS KIDS MAINTAIN GOOD MENTAL HEALTH IN YOUNG ADULTHOOD



A study conducted in Canada and published in the *Journal of Adolescent Health* analyzed data from a long-term study to determine

the association between participation in school sports during adolescence and mental health in young adulthood. During the study, 853 participants reported their participation in school sports every year during secondary school, and as young adults reported on certain aspects of their mental health, including perceived stress and depression.

The analysis showed that participation in school sports during youth was a significant predictor for lower depression, lower perceived stress, and higher self-reported mental health as a young adult. Many clubs offer a safe place for adolescents to exercise in addition to school sports.