



HEALTH BENEFITS OF EXERCISE REPORT

SUPERVISED EXERCISE PROGRAM IMPROVES HEALTH MEASURES IN OLDER PEOPLE WITH DIABETES



Diabetes is associated with an increased risk of heart disease. A study in the Spanish journal *Atención Primaria* examined the effects of regular supervised exercise on blood glucose control, blood pressure, body mass index, and cardiovascular health markers in diabetic people over age 65. During the study, half of the participants exercised for 40 minutes two days per week for three months while the other half served as controls.

The findings show greater improvements in all measured areas including hemoglobin A1c (a measure of long term blood glucose control), body mass index, blood pressure, self-perceived health, cholesterol, and cardiovascular health. Health clubs provide a supportive environment for men and women with diabetes to pursue good health.

EXERCISE COULD PROVIDE ADDED BENEFIT IN TREATMENT OF OBSESSIVE COMPULSIVE DISORDER

The primary treatment for obsessive compulsive disorder (OCD) is cognitive behavioral therapy (CBT), but many who undergo this treatment still suffer from symptoms after treatment. This demonstrates the need for widely accessible alternative or additional treatment options, and previous

research has suggested that physical activity may fit the bill. A pilot study published in the journal *Cognitive Behavioral Therapy* tested the effectiveness and feasibility of adding structured exercise to CBT. During the pilot, 12 weeks of individually tailored exercise was added to standard CBT treatment for 11 participants.

The data from the study showed that adherence to the program was 80%. Additionally, this type of treatment was more effective when compared to traditional CBT in the individual or group setting. These findings indicate that adding an exercise program to CBT is both feasible and potentially effective in improving clinical outcomes of OCD.

LONG-TERM COMMUNITY EXERCISE BENEFITS POST



MENOPAUSAL WOMEN WITH DIABETES

Sarcopenia is the gradual loss of muscle mass, often associated with age. A study in the *Journal of Human Kinetics* looked at the impact of a long-term – 32 weeks – community based exercise program on bone mineral density and indicators of sarcopenia on post menopausal women with type 2 or pre-diabetes. The study followed 20 women total – 10 in the exercise group and 10 in a control group – as they exercised three times per week for 32 weeks. The multi-component exercise regimen included aerobic training, resistance exercise, and aquatics.

Results of the study showed that the women in the exercise group saw increases in bone mineral density of on average 7.8% and in fat free mass of on average 2.5%. This suggests that regular exercise can help prevent osteoporosis and sarcopenia in post-menopausal women with diabetes or pre-diabetes. Health clubs provide a safe place to engage in a wide variety of exercise modalities.

SOURCES

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