

Health Benefits of Exercise

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STABILIZATION EXERCISES REDUCE LOW BACK PAIN

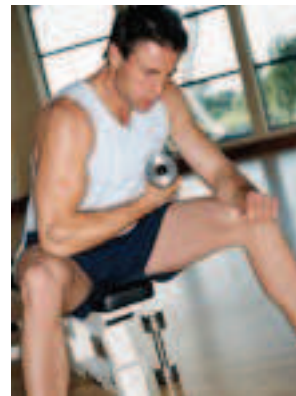


Many women experience low back pain for reasons such as age-related losses in bone and muscle strength, bone lesion, nerve or muscle irritation, or an overuse injury. A study in the *Journal of Physical Activity and Health* looked at the impact of a 4-week stabilization exercise program to reduce low back pain and improve quality of life in women with low back pain.

Thirty-nine women participated in an intensive isometric stabilization exercise program, an isotonic stabilization exercise program, or no exercise for four weeks. Only the group doing isometric exercises saw results, which included reduced pain, increased vitality, and improved quality of life. The effect continued for nine months after the program ended.

These results suggest that participating in stabilization exercises can help reduce low back pain. If you are suffering from low back pain, a personal trainer at your health club can guide you in choosing exercises that can help improve back pain and quality of life.

MORE EXERCISE CAN HELP MAINTAIN GOOD VISION IN PEOPLE WITH DIABETES



People with diabetes can be at higher risk for vision impairments. A study published in the *Journal of Physical Activity and Health* looked at the impact of exercise and sedentary time on vision acuity in

people with diabetes.

During the study, over 600 adults with diabetes wore accelerometers to measure activity and sedentary time. The results showed that every hour of sedentary time increased the risk of less than normal vision by 21%. In addition, every five minutes daily of moderate to vigorous activity (like walking or running) lowered the risk for vision impairment by 82% and every hour of light activity (like housework) was associated with a 38% lower risk of impaired vision.

Health clubs provide a safe, supportive environment for people with diabetes to exercise.

VITAMIN D DEFICIENCY MAY IMPACT YOUR WORKOUT



Vitamin D is most known for its role in facilitating calcium uptake by the bones, but it also plays a role in muscular function and immune health. A review in the journal *Sports Health* looked at the impact of vitamin D on athletic performance and injury among young, active, and healthy people.

The review looked at articles from an online research database published between 1930–2012. Reviewers found a strong association between adequate vitamin D levels and optimal muscle function. Good levels of vitamin D were also associated with reduced inflammation and pain and increased muscle protein synthesis, energy, strength, jump height, power, exercise capacity, and exercise performance.

During winter months, people may be at higher risk for low vitamin D because of less exposure to sunlight. Good food sources of vitamin D include swordfish, salmon, tuna, and fortified milk and orange juice. If you are concerned about being low in vitamin D, ask your doctor or nutritionist about testing your levels.

EXERCISE HAS LASTING BENEFITS FOR PEOPLE WITH CYSTIC FIBROSIS

Cystic Fibrosis (CF) is a chronic condition affecting the lungs and pancreas, often reducing a person's ability to breath comfortably and gain or maintain weight. While exercise has been shown to help in the short term, a new study in the *European Respiratory Journal* looked at the impact of long-term exercise on CF.

The study found that higher levels of habitual exercise were associated with a slower decline in lung function. The results also indicated that increases in activity are feasible despite progression of the disease. They concluded that regular exercise over the long term good for people with CF.

Health clubs are safe, supportive environments for people with CF to try exercise or stay active, and many have trained professionals on hand.

HIGHER INTENSITY EXERCISE CAN HELP YOU STUDY FOR MIDTERMS



Higher physical activity levels have been associated with improved academic performance in children and adolescents. Now, a study in the journal *Perception and Motor Skills* looked at the effect of varying intensity exercises before or after studying on vocabulary and reading comprehension in college students.

During the study, 90 college students participated in vigorous, moderate, or no exercise either before or after a vocabulary and reading comprehension learning activity. The results showed that performing vigorous exercise (like running) either before or after studying for a vocabulary and reading comprehension test improved test scores.

Health clubs are a good place to be active and give your brain a little boost before winter exams.

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