



# HEALTH BENEFITS OF EXERCISE REPORT

## BOTH HIGH AND LOW INTENSITY EXERCISE GOOD FOR OBESE TEENAGERS



While research has demonstrated that physical activity is beneficial for adolescents, little was known about how different intensities influenced various heart disease risk

factors in obese teens. A study published in the *Journal of Physical Activity & Health* followed 43 obese teenagers through a 12-week exercise intervention to assess the impact of high versus low intensity aerobic exercise on fitness, body composition, blood lipid levels, and blood glucose.

According to the results, both groups saw improvements in body mass index, fatness, and waist circumference. There was no significant difference in improvements between the two groups. This means that both low and high intensity aerobic exercise is beneficial for obese teens and can improve several risk factors for heart disease. Health clubs provide a safe, engaging environment for teens and adolescents to enjoy a variety of different exercise styles.

## EXERCISE AS MEDICINE IN THE MANAGEMENT OF HYPERTENSION

Hypertension, or high blood pressure, is the chronic elevation of blood pressure, and can increase risk for heart attack, stroke, heart failure, and premature death. An article in the journal *Applied Physiology, Nutrition, and Metabolism* reviewed the benefits of exercise for treating people with hypertension.

The article noted that acute bouts of exercise have been shown to significantly decrease resting and ambulatory (meaning moving or walking) blood pressure, with the largest effects observed in people with very high blood pressure. Current guidelines recommend 30-60 minutes of moderate to vigorous physical activity four to seven days per week. Research has also shown that resistance training can be performed safely without adverse effects, and is recommended as an additional exercise option. The authors conclude that placing greater emphasis on exercise as a medication for hypertension can produce beneficial results and reduce a patient's overall cardiovascular risk. Health clubs provide a safe, supportive place for people of all levels to pursue an active lifestyle.

## WALKING CAN MAKE YOU MORE CREATIVE



It is well known that exercise can improve thinking skills, boosting scores on tests of memory and cognition. A study at Stanford University looked at the impact of walking on creativity. The study looked at a group of undergraduate students in multiple settings to test the theory that exercise can boost creativity.

During the study, one group performed a test of creativity while sitting in a blank room, followed by the same test while walking on a treadmill for eight minutes. Another group took the test before and after walking, but not during, and another group took the test before and after walking outdoors around campus for eight minutes. Similar boosts in creativity, as measured by the creativity tests, were seen in all three groups, indicating that the walking was the key to the boost in creativity. Health clubs provide a safe, comfortable location to walk and boost creativity.



This newsletter has been brought to you by your health club, a member of the International Health, Racquet & Sportsclub Association. To learn more about the health benefits of exercise, visit [HealthClubs.com](http://HealthClubs.com) today.



## SOURCES

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