



# HEALTH BENEFITS OF EXERCISE REPORT

## EXERCISE TRAINING MAY HAVE BENEFITS FOR LUNG CANCER PATIENTS UNDERGOING CHEMOTHERAPY



During chemotherapy, many lung cancer patients experience decreases in white blood cell (WBC) and red blood cell (RBC) counts, which can have implications for immune health, energy levels, and cardiovascular system. A pilot study published in the journal *SpringerPlus* looked at the impact of exercise training with resistance bands on WBC and RBC counts among lung cancer patients undergoing chemotherapy administered to produce a cure.

During the study a small sample of lung cancer patients was randomly assigned to either the exercise program or usual care for lung cancer. The exercise group attended three times weekly exercise sessions using resistance bands for the duration of their chemotherapy treatment. Participants in the exercise group, who completed nearly 80% of planned exercise sessions, were able to maintain WBC counts over the course of the program, while the usual care group experienced a decline in WBC counts. There was no difference in RBC counts between the two groups.

The authors concluded that exercise with resistance bands may help patients with lung cancer maintain WBC counts during chemotherapy treatment, but that more research should be one. Health clubs provide a safe place for people with cancer to remain active during their treatment.

## MINDFUL EATING AND YOGA HELP WOMEN WITH GESTATIONAL DIABETES MANAGE BLOOD SUGARS



Gestational diabetes is a type of diabetes that occurs during pregnancy, and if not managed well could result in health risks for the mother and baby. It is known that programs and interventions aimed at improving blood glucose management yield desired results among participants, but an intervention involving yoga exercise and mindful eating (the process of basing eating behavior on physiological rather than emotional or environmental cues) had yet to be studied.

Research in *Applied Nursing Research* studied the impact of yoga and mindful eating practice on blood sugar measures.

The results showed that women who participated in the intervention saw significantly lower fasting glucose, two hour post meal glucose, and hemoglobin A1C (a longer term measure of blood sugar over three months). The authors conclude that given these results, more practitioners should encourage yoga and mindful eating practices for patients with Gestational Diabetes. Many health clubs provide nutrition services and/or yoga classes, and a supportive environment for pregnant women.

## TREADMILL EXERCISE COULD PROVIDE ADDITIONAL TREATMENT FOR ADULTS WITH MILD ALZHEIMER'S DISEASE

Exercise has been shown to have positive effects on cognitive function, and a new study published in the journal *Arquivos de*



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*neuro-psiquiatria* tested the effect of aerobic treadmill exercise on cognition and functionality in older adults with milder, earlier stage Alzheimer's disease.

During the study, participants exercised on a treadmill for 30 minutes twice per week at moderate intensity – about 60% of aerobic capacity. The results showed that the exercise group saw significant improvements on a cognitive test and in functional capacity. These findings suggest that exercise – in this case on a treadmill – can function as an augmentation to treatment for people with Alzheimer's dementia.

## SOURCES

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