



HEALTH BENEFITS OF EXERCISE REPORT

GROUP BASED EXERCISE INCREASES LEISURE TIME ACTIVITY, QUALITY OF LIFE AMONG BREAST CANCER SURVIVORS



Physical activity has been shown to improve health outcomes in women with breast cancer, but few patients end up getting enough. A study in the journal *Integrative Cancer Therapies*

determined if an integrated exercise, diet, and health program could increase physical activity in women with breast cancer. The study involved the completion of 24 combined aerobic and strength training classes, in addition to nutrition and health education classes, by 48 women who were undergoing or had just completed treatment.

Study participants increased their leisure time physical activity and quality of life while decreasing their depression symptoms. Improvements were independent of whether or not the women were still in ongoing treatment. Health clubs provide a safe, supportive place for women with breast cancer to remain or become active. Most clubs offer group exercise classes, and some offer health education programs specific to breast cancer patients and survivors.

EXERCISE AND DIET BOTH DECREASE HEART DISEASE RISK FACTOR IN OBESE MEN

Arterial stiffness (hardening of the arteries) is a risk factor for heart disease, independent of obesity. Diet and exercise are both known to reduce arterial stiffness in obese persons, but it is unclear if one is better than the other. A study in the *International Journal of Sports Nutrition & Exercise Metabolism*

compared the impact on body composition and arterial stiffness of either following a balanced, lower calorie diet or walking 40-60 minutes three times per week for 12 weeks.

The results showed that both diet and exercise produced decreases in body mass index and waist circumference, although weight loss was greater among those who made dietary modifications. Both groups also saw decreased arterial stiffness, with similar results. These findings indicate that both diet and exercise can reduce arterial stiffness in obese men, independent of whether more or less weight was lost. Health clubs provide a safe, supportive place for men to engage in regular exercise, and many clubs offer nutrition counseling and education in addition to fitness services.

AEROBIC, RESISTANCE, AND BALANCE TRAINING BENEFITS PEOPLE WITH INTELLECTUAL DISABILITIES



Adults with intellectual disabilities tend to be less physically active, and many have balance and functional impairments. A study in the journal *Research In Developmental Disabilities* looked at

the effect of an exercise program combining aerobic, strength, and balance training on fitness, strength, balance, and function. The study involved 56 adults with mild to moderate intellectual disability, assigned either to an exercise group or a control group; the exercise group participated in hour-long sessions three days per week for 14 weeks while the control group did not participate in any exercise program.

Results showed that the exercise group improved their cardiovascular fitness, grip strength, leg strength, and balance after the 14-week training period. They also saw reductions in weight and body mass index, while the control group saw no changes in any of the measures.

Health clubs provide a safe, supportive place for all people to participate in physical activities.

SOURCES

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