



# HEALTH BENEFITS OF EXERCISE REPORT

## EXERCISE MAY HELP DELAY THE LOSS OF INDEPENDENCE IN PEOPLE WITH DEMENTIA



Often, as dementia and age progress, many older adults in the community lose their ability to live independently and move to assisted living and nursing facilities. An innovative study in the journal *Aging & Mental Health*

looked at the effect of exercise in delaying that loss of independence. During this pilot study, 11 people participated in various types of exercise, including tai chi, yoga, and dance. Researchers compiled qualitative feedback from participants and exercise instructors and analyzed the data to identify themes.

Results showed that participants saw increased body awareness, memory, and function skill following the exercise program. Participants also exhibited a more positive attitude towards exercise, and increased social interaction, making more friends. These results suggest that adults with mild to moderate dementia can experience beneficial functional, emotional, and social improvements by incorporating exercise into their lives. Health clubs provide a safe, supportive, and social place for older adults to be active.

## AQUATIC EXERCISE PROGRAM IMPROVES HEALTH, QUALITY OF LIFE, AND ACTIVITY IN MEN DIAGNOSED WITH TYPE 2 DIABETES

The role of structured exercise in improving metabolic profile and quality of life in people with type 2 diabetes has been well demonstrated. A new study published in the journal *PM&R: The Journal of Injury, Function, and Rehabilitation* assessed the

ability of an aquatic-based exercise program to achieve these improvements. The study included 18 men with type 2 diabetes who participated in the 12-week program.

The findings showed significant improvements in markers of metabolic health, including blood pressure, fasting blood glucose, body mass index, cholesterol, and VO2max. Participants also saw improvements in quality of life and increased physical activity levels as well as energy expenditure from physical activity. Health clubs provide a safe and supportive environment for exercising with diabetes, and many clubs offer aquatic facilities and classes.

## VARIOUS TYPES OF EXERCISE IMPROVE ARTERIAL STIFFNESS IN PEOPLE WITH HIGH AND NORMAL BLOOD PRESSURE



While it is well recognized that exercise is beneficial in reducing arterial stiffness (hardening of the arteries), the best type of exercise has yet to be established. A study in the *European Journal of Sports Science*

reviewed 17 randomized controlled trials published between 1985 – 2013 to determine the optimal exercise for improving arterial stiffness.

According to the evidence reviewed:

- Aerobic exercise has a beneficial effect on artery stiffness in people with high and normal blood pressure, but does not in people with only systolic high blood pressure.
- Resistance training of low intensity, using slow eccentric movements, and/or on lower body limbs has no negative effect on arterial stiffness, but vigorous resistance training may increase it.

- Combined training (aerobic plus resistance training) has a neutral or beneficial effect on arterial stiffness.

Health clubs provide a safe, supportive environment for people with heart disease to be active.

## SOURCES

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