



HEALTH BENEFITS OF EXERCISE REPORT

PHYSICAL ACTIVITY REDUCES RISK OF PREMATURE DEATH IN PEOPLE WITH VASCULAR DISEASE



Vascular disease includes any condition that affects the circulatory system. There is a known association between exercise and lower risk of premature death from Coronary Artery Disease (CAD), but little is known about the impacts of exercise on other, less well-known types of vascular disease like peripheral artery disease. A study published in the journal *Medicine and Science in Sports and Exercise* examined the relationship between exercise and future vascular events and premature death. The study followed over 9,900 people for an average of 6.7 years.

Researchers found that greater levels of physical activity were associated with a reduced risk of both vascular events and premature death from any other cause. This relationship held up in both people with vascular disease and people at risk for vascular disease, and across multiple types of disease. Health clubs provide a safe, supportive place to be physically active.

EXERCISE CAPACITY LINKED TO LOWER RISK OF CHRONIC KIDNEY DISEASE

A study published in the journal *Mayo Clinic Proceedings* looked at the relationship between exercise capacity (the

greatest sustainable amount of physical exertion) and development of chronic kidney disease (CKD) in over 5,800 male military veterans. At the beginning of the study, participants were tested for exercise capacity and were followed over the course of seven years.

The findings showed that there was an inverse relationship between exercise and CKD, meaning that greater exercise capacity was associated with lower risk of developing kidney disease. Researchers observed a 22% reduction in risk of CKD for every 1-MET increase in exercise capacity, independent of other potential factors. Health clubs provide a safe, fun environment to maintain and build fitness and exercise capacity.

INTENSE EXERCISE CAN IMPROVE ATTENTION IN KIDS WITH ATTENTION DEFICIT DISORDER



Attention Deficit Hyperactivity Disorder (ADHD) is a disorder among children and adolescents with symptoms including difficulty focusing, trouble paying attention and controlling behavior, and hyperactivity. A study in *PLoS One* tested the impact of physical activity on attention in children with and without ADHD. Physical activity involved a five minute relay race and attention was measured using a computer game that required children to pay attention and complete certain tasks. During the study, 28 children, 14 of whom showed ADHD symptoms,

engaged in the five minutes of exercise before taking the computer test, and another 28 children (which also included 14 who had ADHD symptoms) took the same computer test without exercising.

Results showed that participants who had ADHD and completed the exercise improved their speed in completing tasks that required attention, compared to the participants with ADHD who did not exercise. There was no difference in scores between exercisers and non-exercisers without ADHD symptoms. This study indicates that short duration intense exercise may improve attention in children with ADHD, which could improve their performance at school.

SOURCES

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