

# HEALTH BENEFITS OF EXERCISE REPORT

## EXERCISE HELPS COMBAT OBESITY IN KIDS



Researchers conducted a review of the current literature on physical activity to better understand the relationship between several metabolic variables and child obesity. The review was published in the Portuguese journal *Revista Paulista de Pediatria*.

The authors noted that many studies have found that aerobic exercise and resistance training have beneficial effects on body composition, blood lipid profiles, and inflammation in children and adolescents, but that the extent of these effects depends on the frequency, intensity, and duration of exercise. Results from this particular review show that no matter the type, exercise promotes favorable adaptations to combat child obesity, including restoring cellular and cardiovascular homeostasis, improving body composition, and boosting metabolism.

## EXERCISE BENEFITS CHRONIC FATIGUE SYNDROME SUFFERERS

Chronic Fatigue Syndrome (CFS) is a medical condition characterized by persistent fatigue, pain, difficulty sleeping, headaches, and difficulty with concentration and memory. A review in the *Cochrane Database of Systematic Reviews* investigated the effect of exercise therapy on CFS compared to other treatments. The review included eight studies involving over 1500 people. Exercise therapy varied but included aerobic exercise, walking, dancing, and one study on anaerobic exercise.

The findings showed that in seven of eight studies, exercise improved fatigue by the end of treatment. Exercise was also found beneficial in several studies with regards to sleep, physical functioning, and self-perceived health. These results also suggest exercise is not likely to worsen symptoms. Health clubs provide a wide variety of exercise options that can benefit people with CFS.

## EXERCISE HAS FAVORABLE EFFECTS ON CARTILAGE AND PHYSICAL FUNCTION IN WOMEN WITH OSTEOARTHRITIS



A study in the journal *Medicine and Science in Sports and Exercise* looked at the effect of exercise on physical function and cartilage health in older women with mild knee arthritis. During the study, 80 post-menopausal women were assigned to either an exercise group – which participated in progressive impact exercise three times a week for 12 weeks – and a non-exercise group. Researchers used several measures to assess the biochemical makeup of the patellar cartilage, and also measured leg strength, aerobic capacity, and self-rated health.

Findings showed that progressive exercise exerted favorable effects on the cartilage. Physical function – including leg strength and aerobic capacity – were also greater in the exercisers compared to the non-exercisers. Health clubs provide a safe, comfortable environment for women with osteoarthritis to be active.

## SOURCES

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