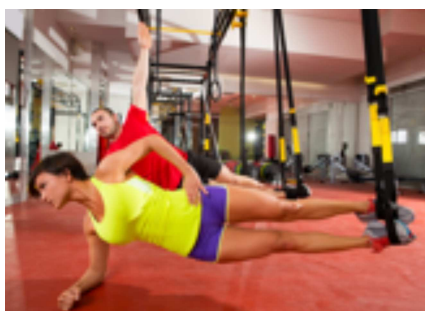


MONDAY, MARCH 10TH, 2014



HEALTH BENEFITS OF EXERCISE REPORT

ISOMETRIC EXERCISE REDUCES BLOOD PRESSURE



A review in the journal *Mayo Clinic Proceedings* looked at the effect of isometric exercise training – strength training done by contracting the muscle without concentric or eccentric movement – on lowering blood

pressure. Researchers reviewed nine articles involving 223 patients published between January 1966 and July 2013.

The results showed that isometric exercise training reduced systolic and diastolic blood pressure and mean arterial pressure. A slight drop in resting heart rate was also noted. The authors concluded that isometric exercise training can produce statistically significant and clinically meaningful reductions in blood pressure, and can serve as an addition to other exercise modalities. Health clubs offer a variety of options for people interested in various types of training, including isometric exercise.

ADDING EXERCISE TO MEDITERRANEAN AND LOW FAT DIETS PRODUCES GREATER WEIGHT AND FAT LOSS

Metabolic syndrome is a condition characterized by altered metabolism, and the starting point for metabolic syndrome is often excess visceral fat. A study in the journal *Nutricion Hospitalia* looked at the effect of low fat and Mediterranean diets – with and without exercise – on weight, fat mass, and basal metabolic rate (BMR) in 36 people with metabolic syndrome.

The study found that adding physical activity to both diets resulted in greater fat and weight loss than dieting alone. In addition, both groups showed decreases in BMR (meaning a

slowing of the metabolism), which commonly accompanies weight loss. The authors concluded that in this group, the low fat diet coupled with exercise produced the lowest reduction in BMR and supported the best body composition results. Health clubs provide a supportive environment for people to exercise while trying to lose weight.

HIGH INTENSITY EXERCISE CAN HELP PREVENT TYPE 2 DIABETES



Physical activity and diet are both recommended for the prevention of type 2 diabetes. For people with pre-diabetes, the American Diabetes Association (ADA) recommends at least 150 minutes weekly of moderate exercise and

weight loss of at least 7% of total weight to prevent the progression to type 2 diabetes. However people with pre-diabetes typically have trouble maintaining an exercise program, with “lack of time to exercise” noted as the largest barrier. An article in the journal *The Physician and Sports Medicine* discussed the current literature on high intensity exercise and diabetes prevention.

According to the article, several studies have found that high intensity exercise improves skeletal muscle control and cardiorespiratory fitness at a comparable or greater level to moderate or low intensity exercise. High intensity exercise can provide similar energy expenditure as moderate and low intensity forms of exercise in less time. So while pre-diabetic adults can reap benefits from walking and other moderate intensity exercises, high intensity exercise can provide a way to reap similar benefits in a more time efficient manner.

Many health clubs offer a variety of exercise equipment and classes – from yoga to cross training – to provide options for exercise at any level of intensity.



This newsletter has been brought to you by your health club, a member of the International Health, Racquet & Sportsclub Association. To learn more about the health benefits of exercise, visit HealthClubs.com today. 1



SOURCES

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