

Health Benefits of Exercise

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AEROBIC EXERCISE IMPROVES QUALITY OF LIFE IN TYPE 2 DIABETICS WITH NEUROPATHY



Peripheral neuropathy is a condition of damaged nerves, which can cause numbness, pain, and

muscular problems and often occurs among people with poorly controlled diabetes. A study in the journal *Quality of Life Research* looked at the impact of aerobic exercise on quality of life in people with type 2 diabetes who suffer from peripheral neuropathy. Participants completed a moderate-intensity aerobic exercise program for eight weeks.

The study found that the group who exercised saw significant positive changes in their reported pain, activities of daily living, impact on social relationships, and quality of life compared to the non-exercise group. These results highlight the importance of physical exercise in improving both symptoms and quality of life for people with type 2 diabetes. Health clubs are a safe, supportive place for people at all levels to participate in a variety of different physical activities, including cardio and weight training.

PHYSICAL ACTIVITY IMPACTS IMMUNE HEALTH IN OBESE PEOPLE



Some research suggests that the excess fat associated with obesity also leads to poor immune function. A review in the *Scientific*

World Journal looked at the impact of physical activity, stress, and nutrition on immune system health in obese people.

The review concluded that, while initially, exercise in an un-trained person will lead to increased stress on the body, the long-term result is decreased inflammation and improved immune system health. The authors concluded that exercise is an effective strategy to help counteract the negative immune system impacts of obesity.

The article also notes many other well documented benefits of exercise, such as increased aerobic fitness, reduced risk for chronic disease, and preventing muscle loss with aging. Health clubs provide a safe environment for people of all fitness levels to get active.

THE IMPACT OF ZUMBA® ON HEALTH IN FEMALE COLLEGE STUDENTS



Zumba® is a popular fitness class based on salsa dancing and aerobics, and a study in the *European Journal of Sport Science* looked at the impact of Zumba® on balance, flexibility,

jumping performance, and quality of life in female college students. During the study, 30 students were separated into two groups: one group did Zumba® twice a week for eight weeks, and the other did no exercise.

The results showed that endurance, quality of life, trunk strength, and balance were significantly improved among the Zumba® group compared to the non-exercise group, while jump performance and flexibility showed no improvement. Zumba® provides a good aerobic workout and is thus beneficial for the health and well-being of those who participate. Many health clubs offer Zumba® as part of their regular class schedule.

EXERGAMING IS A STRATEGIC TOOL IN THE FIGHT AGAINST CHILD OBESITY

Excessive screen time is a known factor contributing to child obesity. However, exergames – or active video games like Wii Fit – have created an opportunity to pair screen time with exercise. This study published in the *Journal of Obesity* looked at the current data on whether exergames are a viable strategy for reducing obesity in children.

The review analyzed data from nine articles published between 2008 and 2012. The results showed that active games were effective in increasing energy expenditure, activity levels, maximal oxygen uptake and heart rate, and in decreasing waist circumference and sedentary screen time. This led researchers to

conclude that exergames were a good strategy for reducing obesity levels in children.

While research has demonstrated the merits of active video games, health clubs are still an important part of the fight against child obesity. Clubs offer a safe, supportive environment for children to be active among their peers, and many offer amenities specifically for kids such as sports instruction and active play areas.

PHYSICAL INACTIVITY INCREASES THE RISK OF DYING FROM SEPSIS



Sepsis is an illness resulting from a severe reaction to bacteria or other germs, often occurring because of infected surgical wounds or intravenous lines.

Sepsis is a serious illness that can be life threatening. A study in the journal *PLoS One* looked at the association between physical activity and death from sepsis using data on over 155,000 people from the National Walkers and Runners Health Study.

The results showed that physical inactivity was associated with over double the risk of sepsis as a cause or contributing cause of death compared to active people, and this risk persisted even after considering other factors more common among inactive individuals, like diabetes. There was no significant difference between active people who ran and walked.

Health clubs provide a safe, supportive place to begin and continue a physically active lifestyle.

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