

Health Benefits of Exercise

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EXERCISE BOOSTS MOOD DURING PREGNANCY



Many women experience anxiety, depression and fatigue during pregnancy. A new study, published in the journal *Psychology & Health*, examines the ability of exercise to improve the psychological well-

being of previously inactive pregnant women. Participants exercised for four weeks and wore accelerometers to measure activity levels.

Results showed that women who were more active saw significant decreases in depression, anger, fatigue, and improvement in vigor compared to less active women. Health clubs provide a safe, supportive place for pregnant women to be physically active.

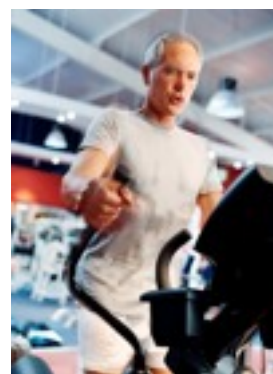
PERSONALIZED EXERCISE PLANS GOOD FOR OBESE TEENS WITH DIABETES

It is well known that exercise is beneficial for both type 1 and type 2 diabetes, but adhering to an exercise program can be difficult for young diabetics. A study in the journal *Biological Research for Nursing* shows that personalized exercise programs held in community settings can improve perception of

health for people with diabetes, and blood glucose control for type 1 diabetic teens.

During the study, 39 adolescents were provided with an individualized exercise prescription based on their current fitness level and continued training for 16 weeks in community settings while wearing accelerometers. Over the course of the intervention, moderate to vigorous activity increased significantly, but did not reach the recommended 60 minutes per day. Everyone in the group felt better about their health after the program. In addition, researchers found that longer exercise helped lower blood glucose levels, which is a critical part of diabetes management.

EXERCISE IS GOOD FOR AN OLDER BRAIN



As humans age, the prefrontal cortex — the part of the brain associated with motor skills — often becomes highly active, which causes slower movement and response to stimuli. A study published in the *Journals of Gerontology* looked at the potential for physical exercise to counteract the hyperactivity

of the PFC during movement.

Researchers performed high-resolution brain scans on 130 participants aged 15-86 engaged in a variety of activity levels. The findings showed that after 35-40 years old, active people had faster response times and showed no signs of PFC hyperactivity compared to their less active peers.

A REVIEW OF STRENGTH, AEROBIC EXERCISE AND OSTEOARTHRITIS



Some research has shown that exercise can benefit people with arthritis, but what type and how much is still being explored. A study in the

journal *Clinical Rehabilitation*, researchers reviewed several trials on exercise and osteoarthritis to determine the effectiveness of aerobic and resistance training for pain management in people with knee osteoarthritis. Reviewers analyzed results from multiple online research databases.

Results showed that the overall effect of exercise on pain was significant. Improvements in pain were seen with both non-weight bearing and weight bearing resistance exercise and aerobic exercise. For short-term pain relief, the most effective exercise was non-weight bearing resistance training.

12-WEEK EXERCISE PROGRAM AND MENTAL HEALTH IN SEDENTARY WOMEN

Women often have low self-esteem or social anxiety due to a negative view of their physical appearance. A study in the *European Journal of Sports Science* looked at the effect of exercise on self-esteem and social physique anxiety among sedentary women. The study included 80 sedentary, overweight women who wanted to begin an exercise program. After the 12-week exercise program, researchers found that

exercise had a positive effect on self-esteem and reduced social anxiety related to physique. Health clubs are a great place for first time exercisers to begin a fitness program.

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