



# HEALTH BENEFITS OF EXERCISE REPORT

## EXERCISE BENEFITS CANCER SURVIVORS



Due to advances in treatment and technology, there are more cancer survivors in the US than in previous decades. A review in the journal *Nutrition In*

*Clinical Practice*, reviewed the available data on the association between physical activity and weight management, physical effects, and mental health outcomes for cancer survivors.

The results suggest that physical activity is safe and beneficial for cancer survivors, improving factors such as weight management, cardiorespiratory fitness, muscle strength and endurance, quality of life, and fatigue. The authors recommend "healthcare providers should consider individual differences among cancer survivors and tailor physical activity programs to meet the individual needs of the patient to assist in the adoption and maintenance of a physically active lifestyle".

Health clubs provide a safe, supportive environment, and some clubs have started offering programs tailored to the needs of cancer survivors.

## EFFECTIVE PHYSICAL ACTIVITY PROGRAMS FOR CHILD AND ADOLESCENT OBESITY

Obesity is a complex medical condition, and there has been much debate regarding the best treatment and prevention methods. A review published in the journal *Nutricion Hospitalaria* analyzed research on the effectiveness of physical activity in treating obesity in children and adolescents.

The review confirmed that physical activity is an effective way to treat obesity and overweight in young people. They found the most effective programs combined aerobic and anaerobic activity, and that three 60 minute sessions totaling 180 minutes per week was sufficient for people with overweight or obesity. In addition, researchers agreed that approaches combining diet strategies with physical activity produced optimal results, and that programs including parent involvement were more successful than nutrition education alone or other interventions that neglect to include families.

Many health clubs offer weight loss programs for families, children, and/or adults in a supportive environment.

## EXERCISE MAY REDUCE DEPRESSION SYMPTOMS IN PEOPLE WITH MULTIPLE SCLEROSIS (MS)



A review published in the *European Journal of Neurology* assessed the impact of physical activity on depressive symptoms in people with

MS. The review consisted of fifteen randomized controlled trials involving 331 people who had participated in a structured exercise program and 260 controls.

Four of the studies showed a beneficial effect of exercise, and noted that baseline depression symptoms, disability level, exercise intensity, and method for measuring depression could all influence the outcome. The authors did conclude that exercise has potential as a treatment to prevent or reduce symptoms of depression in people with MS, but more research is needed.

Health clubs provide a safe, inclusive environment for people of all levels to be active.

These results suggest that exercise could help restore feelings of wellness during breast cancer treatment, in addition to improving daily functioning and other benefits associated with exercise. Health clubs provide a safe, supportive place for women with breast cancer to exercise.

## SOURCES

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