



HEALTH BENEFITS OF EXERCISE REPORT

REGULAR PHYSICAL ACTIVITY ASSOCIATED WITH OPTIMISM



Research has shown that regular physical activity can help protect against poor mental health, but little research has looked at the relationship between exercise and

positive well-being. During a study published in the *Journal of Physical Activity and Health*, over 20,000 young and middle aged women filled out self-report surveys every three years over a nine year period.

Results showed that among both young and middle aged women, those with higher levels of regular physical activity were more likely to report greater optimism compared to women who reported no physical activity. The results stood, even after considering other factors like depression. Health clubs provide a safe, supportive place for women of all ages to commit to regular physical activity.

EXERCISE CAN MAKE METABOLIC SYNDROME LESS COSTLY FOR EMPLOYERS

Metabolic syndrome refers to having multiple risk factors for heart disease, like high blood sugar and obesity. A study in the *Journal of Occupational & Environmental Medicine* assessed the impact of physical activity on employee health costs, presenteeism, and absenteeism among employees with metabolic syndrome. The study involved employees undergoing a health risk assessment.

The findings showed that 30.2% of the employees had metabolic syndrome. However, those with metabolic syndrome

who exercised regularly (at least 150 minutes per week) had annual health costs that totaled \$1000 less than those who got insufficient levels of exercise. (\$2770 compared with \$3855). Absenteeism and presenteeism among employees with metabolic syndrome was significantly less than their more sedentary colleagues. The authors suggest that “employers should consider programs and services to support regular aerobic exercise to address the growing prevalence and costs of MetS in the workforce.” Health clubs provide a safe, supportive location for regular exercise, and many offer corporate options.

PHYSICAL ACTIVITY SHOULD BE RECOMMENDED FOR PEOPLE WITH KIDNEY DISEASE



An article published in the journal *Kidney and Blood Pressure Research* outlined the importance of physical activity for people with chronic kidney disease (CKD) and end stage renal disease (ESRD). Among the

general population a sedentary, physically inactive life has been recognized as a contributor to heart disease, diabetes, high blood pressure, and potentially cancer. Among people with CKD, physical activity levels are noticeably low.

Evidence suggests that exercise has cardiovascular benefits for people with CKD, and the National Kidney Foundation recommends that nephrologists – physicians who specialize in kidney health – discuss physical activity as part of their guidelines for managing cardiovascular disease with their patients. According to the authors, “to maintain the well-being and functional capacity of renal patients, attention should be directed toward maintaining strength and aerobic fitness as well as focusing on renal function and anemia or other comorbidities. All CKD/ESRD patients should be counseled and regularly encouraged by nephrology and dialysis staff to



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increase their level of physical activity.”

Health clubs provide a safe, welcoming place where people with kidney disease are able to build upon and maintain their aerobic fitness and strength.

SOURCES

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