

Health Benefits of Exercise

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EXERCISE THROUGHOUT LIFE CAN MITIGATE RISK OF HEART DISEASE FOR THOSE BORN PREMATURELY

It is well accepted that children who are born prematurely or at a low body weight are at a higher risk for cardiometabolic disease (a combination of high blood pressure, insulin levels, cholesterol and excess stomach fat) than their normal weight peers. However, a review in the journal *Clinical Experimental Pharmacology & Physiology* suggests that regular exercise throughout life may mitigate this risk.



According to the study, the increased risk for metabolic conditions associated with lower birth weight or premature birth is mostly lost among physically fit individuals. Among unfit individuals, the likelihood of developing metabolic syndrome is greater. These findings may be the result of a restoration of muscle mass and lower levels of adiposity associated with physical activity and fitness.

STAYING ACTIVE IN MIDDLE AGE IS BETTER FOR THE BRAIN



According to research at Johns Hopkins University, 26 million people have Alzheimer's dementia, and that number is expected to quadruple by 2050. Other forms of dementia are also expected to grow in the coming years, yet no research points to specific lifestyle recommendations for preventing dementia.

Now, a study published in the *Annals of Internal Medicine* suggests that exercise may be one answer. The study looked at the relationship between fitness level in middle age and risk for developing dementia later on in over 19,000 adults. Results showed that those with the highest level of fitness were at a lower risk of developing dementia than those at the lowest level, regardless of other risk factors.

So, any way you choose to get fit – be it on a spin bike or lifting weights – can be good for your brain later in life.



BREAKFAST BEFORE EXERCISE BURNS MORE ENERGY



A recent headline in the Science Daily proclaims that you can “Lose Fat Faster Before Breakfast.” A study of 12 men found that those who ran for 60 minutes before eating

breakfast burned 20% more fat than the men who ate breakfast first.

But there is more to the study. The group who ate breakfast before working out burned 50% more carbohydrates and 20% more energy overall than the group who didn't. And compared to those who skipped breakfast, their energy expenditure was 15% higher over the next few hours. So, although skipping breakfast caused the body to burn more fat, eating breakfast first resulted in greater energy expenditure and imbalance – meaning the breakfast group's calories burned were a greater percentage of calories eaten - which is a key component of weight loss and maintenance. So, to get the most out of a workout, eat a small breakfast consisting of mostly easy to digest carbohydrates (like fruit) before heading to the gym in the morning.

PHYSICALLY ACTIVE YOUTH FEEL MORE CONFIDENT, STUDY FINDS



Diabetes – both type 1 and type 2 – is on the rise in children and adolescents. A new study in *Pediatric Exercise Science* indicates exercise may help both diabetic and non diabetic children feel more competent and capable. In a study of over 500 youth with type 1 diabetes, type 2 diabetes, or no diabetes, participants wore pedometers for 7

days and filled out a questionnaire to assess their levels of physical appearance and ability as well as

general self-image. The results showed that youth who walked the most steps also had higher perceptions of their physical abilities, physical appearance, and overall self-image than their less active peers, independent of diabetes diagnosis. This is especially important among those with chronic conditions like diabetes, where self-management is a key component of overall health.

EXERCISE MAY IMPROVE FERTILITY IN MEN

Levels of physical activity and TV watching have been associated with several health outcomes, and now research suggests it might affect certain markers of fertility in men. A recent study published in the *British Journal of Sports Medicine* looked at a sample of healthy men from the Rochester Young Men's Study to assess the relationship between activity, TV watching, and markers of male fertility. The results showed that men who spent more time doing moderate to vigorous exercise and less time watching TV had higher sperm count and concentration than their peers who did less exercise and watched more television. Health clubs are a great place to engage in physical activity, and at many gyms exercisers can improve their fitness while watching television.



SOURCES

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