

# Health Benefits of Exercise

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## MORE FRUITS AND VEGGIES CAN MAKE YOU HAPPIER



Healthy habits have been linked to lower risk for depression, but some new research is showing that eating more fruits and vegetables can also improve your mood. The study, published in the *British Journal of Health Psychology*, studied the eating habits of about 300

consumers, and assessed impact on moods. The results showed that people who ate more fruits and vegetables (including juices) reported more energy and better mood than those who ate less. Fruits and vegetables are typically lower in calories and fat than other foods and are rich in important nutrients like fiber, vitamins and minerals. According to the study's lead researcher Tamlin Connor, "on days when people ate more fruits and vegetables, they reported feeling calmer, happier, and more energetic than they normally did."

## PHYSICAL ACTIVITY EXTENDS LIFE AND REDUCES HEART DISEASE IN DIABETIC ADULTS

A new study published in *Diabetes Care* reviewed the current science to better understand the relationship between exercise and a reduced risk of risk of cardiovascular disease and premature death. The impact of exercise on risk was quantified using a measurement called metabolic equivalents, or METs, which represents the amount of work your body is

doing during exercise. Sitting at rest is equal to about 1 MET, whereas jogging and weight lifting are around 6 METs. This study showed that for every additional MET per hour of physical activity, participants saw their risk for cardiovascular disease drop 7.9% and their risk for premature death from any cause drop 9.5%. This means that a person could significantly extend his or her life simply by spending a few more hours walking or exercising throughout the day.

## MORE TV IN ADOLESCENCE COULD LEAD TO CHRONIC DISEASE IN ADULTHOOD



A new study conducted in Sweden found that spending more time watching television and dedicating less to leisure time physical activity was associated with a greater likelihood of developing metabolic syndrome by mid-adulthood. Study participants were asked about their exercise and TV viewing habits at age 16, and at age 43 were given a health exam.

Adults who had watched more TV as teenagers had lower HDL (the “good cholesterol”) cholesterol and were more likely to have hypertension and be obese than their peers who watched less TV. In addition, adults who had spent less time engaged in leisure time activity in youth were more likely to be obese and have higher blood triglycerides (a risk factor for heart disease).

This study shows that an active childhood is important to adult health. It is not known if this is due to the fact that people who are active in their younger years are more likely to remain active into adulthood and inactive youth or more likely to remain inactive in adulthood. It is important for teens and adolescents to engage in – and have access to a safe place for – regular physical activity.

## REGULAR EXERCISE COULD MEAN BETTER SURVIVAL IN MEN DIAGNOSED WITH CANCER



While studies have shown exercise to be beneficial for women diagnosed with certain types of cancers, little is known about whether the same effect applies to men. A long-term study conducted between 1988 and 2008, and published in a recent issue of the *Journal of Physical Activity & Health*, found that regular exercise was in fact

beneficial for men diagnosed with multiple types of cancer.

Study participants – men diagnosed with any cancer except non-melanoma skin cancer - were followed for 20 years. The final results showed that physical activity was associated with fewer instances of premature death from cancer as well as from cardiovascular disease.

## WHY IS PHYSICAL ACTIVITY SO IMPORTANT FOR YOUR BONES?

A good deal of research has linked physical activity to improved bone health, but a new paper published in the *Medical Association of Zenica-Doboj Canton, Bosnia, and Herzegovina* provides more explanation.



According to the report, bone remodeling (or the process of replacing bone tissue lost during normal activity or injury) occurs at all stages of life. The highest bone mass is usually seen around mid-twenties and has a significant impact on bone health later in life. Due to an increase in sedentary lifestyles and nutrient poor diets, many people are experiencing poorer bone health, including more fractures and osteoporosis later in life. It is known that bones respond to changes in the load applied to them, causing them to add more bone mass. So weight bearing physical activity such as running or weight training will provide an added load that is good for bones. Since numerous studies have found that regular exercise in youth contributes to better bone health in old age, it is important to find ways to motivate younger people to get active. Health clubs are a popular way to engage younger - as well as older – individuals in regular physical activity.

This newsletter has been brought to you by your health club, a member of the International Health, Racquet & Sportsclub Association. To learn more about the health benefits of exercise, visit [HealthClubs.com](http://HealthClubs.com) today



## SOURCES

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