



# HEALTH BENEFITS OF EXERCISE REPORT

## ZUMBA® IS GOOD FOR WOMEN'S HEARTS



Zumba® is a cardiovascular fitness program taught to Latin and international dance music. A study in the *Journal of Sports Medicine and Physical Fitness* examined the effects of a 12-week Zumba® program on indicators of heart disease risk, body composition, quality of life, and pain in overweight women.

Results of this study found that Zumba® improved certain risk factors for heart disease, including weight, body mass index, waist circumference, fat mass, muscle mass, and blood pressure. Participants also saw improvements in pain management and quality of life. Zumba® or similar aerobic dance programs can benefit overweight women and are available at many health clubs around the world.

## LIFETIME PHYSICAL ACTIVITY MAY HELP PREVENT DEMENTIA

Several studies have linked physical activity to greater cognitive health. A study in the journal *Neurologist* assessed the relationship between daily physical activity (measured objectively) and cognitive impairment or Alzheimer's disease. The study followed over 700 healthy older adults for over three years.

The findings showed that greater levels of activity, as measured by an activity

tracker participants wore on their wrists, were linked to lower risk of cognitive impairment or Alzheimer's dementia. Health clubs provide a supportive environment for adults of all ages to be active, and many offer programs specifically for older adults.

## STRENGTH TRAINING ASSOCIATED WITH LOWER LEVELS OF DEPRESSION IN STROKE SURVIVORS



Stroke results from poor blood supply to the brain and accounts for 1 in 20 deaths in the United States. A study in the *Journal of Human Kinetics* looked at the relationship between strength training and depression following a stroke. The study followed 24 participants – 11 in the exercise group who underwent 12 weeks of strength training and 13 in the control group. Depression was measured using a survey called the Beck Depression Inventory.

The results of the study indicated a correlation between strength training and depression. The exercise group saw a significant improvement in their depression levels between the beginning and end of the study and exhibited less depression than the control group. In addition, greater maximal strength as measured by a one rep maximum test was linked to less depression, especially for lower limb movements. Health clubs provide a safe environment with numerous options for strength training.

## SOURCES

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