

## Health benefits of regular exercise:

Here are some convincing facts on the health benefits of regular exercise and physical activity. Most of the benefits can be achieved by 30 minutes of daily physical activity or a total of 150 min per week. Recent evidence suggest an extra benefit of doing some exercise in the range of moderate to high intensity where you breath more heavily, have a heart rate above 120 beats/min and produce some body heat/sweat.

All types of physical activity is beneficial to health, even bouts as short as 1-2 min, as long as you use your muscles to move or stand up. However, putting in some strength, balance and flexibility exercises once or twice a week will give you a valuable add-on to the cardiorespiratory (endurance) exercise of walking, jogging, biking, swimming, ball play, etc.

Most importantly, those of you who are sedentary and the least fit will ripe the most health benefits by putting in some physical activity each day.

According to the American College of Sports Medicine, regular physical activity and exercise and can:

- Reduce heart disease risk by 40 percent
- Lower stroke risk by 27 percent
- Reduce diabetes risk by almost 50 percent
- Reduce high blood pressure incidences by about 50 percent
- Reduce mortality and recurrent breast cancer risk by nearly 50 percent
- Lower colon cancer risk by more than 60 percent
- Reduce Alzheimer's disease development risk by one-third
- Decrease depression as effectively as certain medications and behavioral therapies

On page two you can find a list of more than 40 diseases or health problems that regular exercise can either prevent (fully or in part) or function as a valid medical treatment for. The list is based on scientific evidence gathered in two review publications (*Compr Physiol.* 2012 April; 2(2): 1143–1211) (*Scand J Med Sci Sports* 2015: (Suppl. 3) 25: 1–72)

So, use the stairs instead of elevators or walk some extra minutes every day to achieve at least 30 min of physical activity each day. Every step counts!

If you need some advice on how you should exercise or have a health concern regarding exercise, please contact Aker Care for a personal consultation.

<b>System</b>	<b>Disease/medical condition</b>	<b>Preventive</b>	<b>Treatable</b>
Psychiatric	Depression	x	x
	Anxiety	x	x
	Stress	x	x
	Schizophrenia		x
Neurological	Alzheimer's disease	x	x
	Dementia	x	x
	Parkinson's disease		x
	Multiple Sclerosis		x
Metabolic	Obesity	x	x
	Hyperlipidemia/arterial dyslipidemia	x	x
	Metabolic Syndrome	x	x
	Poly Cystic Ovarian Syndrome	x	x
	Type1 diabetes		x
	Type2 diabetes	x	x
Cardio-vascular	Hypertention	x	x
	Coronary heart disease	x	x
	Heart failure	x	x
	Stroke/Cerebral apoplexia	x	x
	Peripheral Artery Disease (Cladictio I)	x	x
	Deep Vein Trombosis (DVT)	x	
Pulmonary	Chronic obstructive pulmonary disease		x
	Asthma		x
	Cystic fibrosis		x
Musculo-skeletal	Osteoarthritis	x	x
	Osteoporosis	x	x
	Rheumatoid arthritis	x	x
	Bone fractures	x	x
	Back pain	x	x
	Muscle atrophy	x	x
Gastro-intestinal	Gall bladder disease	x	
	Fatty Liver disease (non-alcoholic)	x	
	Diverticulitis	x	
	Constipation	x	
Cancer	Mortality rate of colon cancer	x	x
	Mortality rate of breast cancer	x	x
Cancer related	Fatigue		x
	Weight loss		x
	Psychological distress		x
Other diseases	Endothelial dysfunction	x	
	Erectile dysfunction	x	
	Pre-eclamsia	x	
	Gestational diabetes	x	

Based on Booth et al (2012) and Pedersen & Saltin (2015)