

# EXERCISE BENEFITS

LifeArts—Howard Chiropractic, PC

## EXERCISE CAN REVERSE EFFECTS OF INACTIVITY

“I don’t have enough time in the day.” “It’s too hot/cold/humid/raining/etc. to exercise.” “I don’t have the right equipment.” “Its too expensive to join a gym.” Each of us can come up with any number of excuses to not exercise daily. **Inactivity and lack of exercise causes disastrous outcomes in your health.** Inactivity increases the possibility of acquiring any number of cardiovascular diseases, diabetes, obesity, high blood pressure, and cancers. However, don’t despair! There is still time to make a dramatic improvement in your health! A recent study showed that **regular exercise can significantly reverse the effects of months of inactivity.** The study included 53 overweight middle-aged people. They were evaluated at the beginning of the study for 17 factors that increase the possibility of heart disease including: waist size, body mass index, cholesterol, insulin resistance, etc. These participants were instructed to be inactive for the first six months of the study. During this time, they gained weight, developed more fat around the organs of the body, and developed a lesser resistance to insulin (pre-diabetes). The second six months of the study included an exercise program. The results of the six months of exercise included a reversal of 13 of the 17 measured risk factors – to either baseline levels or an improvement beyond the baseline.



Regular exercise should include both aerobic exercise and strength training.

Robbins JL, Slentz CA, Houmard JA, et al. Exercise training to reverse the detrimental effects of physical inactivity on cardiovascular risk. Abstract #2348. Presented at the 53rd annual meeting of the American College of Sports Medicine, Denver, Colo., June 2, 2006.

### VOLUME 07, ISSUE 6

#### In this issue:

Exercise can Reverse the Effects of Inactivity	1
Other Benefits of Exercise	1
Avoid Osteoporosis—Exercise	2
Lose Weight with Low-Intensity Exercise	2

### JUNE 2007

#### Special points of interest:

- \* Exercise can improve overall health
- \* Avoid Osteoporosis and Falls—do Tai Chi!
- \* Be the tortoise, not the hare for weight loss

## OTHER BENEFITS OF EXERCISE

The benefits of exercise are so numerous that there is really nothing else that comes close to offering so many benefits to health and wellness.

Regular exercise can reduce the chances of developing or, if you already have the

condition, reduce the effects of: heart disease, high blood pressure, stroke, diabetes, certain cancers, cholesterol levels, osteoporosis, and common colds. Exercise also helps improve your balance and flexibility, thus helping to avoid falls as we age. It

reduces depression, improves mood, lowers effects of stress, and reduces arthritis and back pain.

**Come in today and talk to us about getting started in an exercise program for your health and wellness.**

LifeArts—Howard  
Chiropractic, PC

110 South 6th Street  
Plattsmouth, NE 68048

Tel: 402-296-2196

Fax: 402-296-2197

E-mail: lifearts@alltel.net



Wwww.liefarts.8k.com

Office Hours:

Monday: 7:30-4:00

Tuesday: 8:00-6:00

Wednesday: 9:00-3:00

Thursday: 8:00-6:00

Friday: 9:00-5:00

Closed from 11:00-12:30  
daily for lunch.



Low-intensity exercise can produce faster weight loss results than high intensity exercise.

## AVOID OSTEOPOROSIS—EXERCISE!

**Osteoporosis affects 1/3 of all women and 1 in 5 men over the age of 50.** This makes it more common than both breast and prostate cancer. A report by the International Osteoporosis Foundation entitled Move It or Lose It was published in 2005 was designed to educate the public on how to build strong bones, prevent falls and fractures, and how to speed recovery. The findings of this report include:

- Exercise is the key to increasing or maintaining bone mass. A study in Finland found that physically active girls gained about 40% more bone mass than girls who were not physically active.
- A study to determine if small weights during exercise would help postmenopausal women found that those women who used small weights to strengthen their back muscles for about two years had stronger back muscles even 10 years later than those who did not study. Even more importantly, these women reduced their likelihood of getting a compression fracture by approximately 300%.
- Approximately 40% of people over the age of 65 suffer at least one fall per year. Regular exercise greatly reduces this risk. Studies have shown that individuals who practice Tai Chi have a 47% decrease in falls and 25% the hip fracture rate of those who do not and that Tai Chi can be beneficial for retarding bone loss in weight-bearing bones in early postmenopausal women.

Beginning an exercise program in childhood and adolescence is most beneficial, however, it is never too late to start! **Come in and talk to us about beginning an exercise program to improve your health. We even offer Tai Chi classes two evenings a week!**



## LOSE WEIGHT WITH LOW-INTENSITY EXERCISE

Most of us have a few extra pounds to lose and are looking for the latest and greatest information about how to lose weight fast and easily. Unfortunately, it is not easy to lose those extra pounds. However, by modifying your diet and adding even low-intensity exercise to your daily routine, you can soon find the numbers of the scale moving downward. More importantly, the modified diet and increased exercise will reduce body fat and improve health.

But, is it better to be the tortoise or the hare when it comes to working out? A study reported in the International Journal of Sports Medicine found that lower intensity exercise actually resulted in more weight loss.

The study included 14 women in a three month exercise program. These women were divided into two groups. Both

groups exercised on a treadmill four times per week, however one group worked out more vigorously than the other. The workouts were designed to burn 370 calories per workout, regardless of the intensity of the workout.

After the three months, the women in the lower intensity group had lost more weight than the women in the higher intensity group. The lower intensity group also a lower amount of fat-free body mass. This may indicate that the higher intensity workouts aid more in building muscle fibers than weight loss.

SO, what does this mean? To get the most benefit from your exercise for weight loss—mix up your routine. Include both endurance and aerobic exercise as well as strength training to your routine.