

# Exercise

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Most of life's questions can be answered with exercise. Shirt or skins? One piece or two? Participate or not? Much of our health relies on it too.

Being physically active is one of the most important activities that all Americans can take part in to improve our health. All Americans should be physically active on a regular basis. The benefits of physical activity occur in generally healthy people, people at risk for developing chronic diseases and people with current chronic illness and or disabilities.

## What are the benefits of Exercise?

Studies have demonstrated the following benefits:

- ♥ Lowers risk of early death
- ♥ Lowers risk of heart disease
- ♥ Lowers risk of stroke
- ♥ Lowers blood sugars
- ♥ Lowers risk of Type 2 Diabetes
- ♥ Lowers risk of Osteoporosis
- ♥ Lowers risk of depression
- ♥ Lowers risk of colon cancer
- ♥ Lowers risk of breast cancer
- ♥ Lowers risk of endometrial cancer
- ♥ Lowers risk of high blood pressure
- ♥ Lowers risk of high cholesterol
- ♥ Increases muscle strength /endurance
- ♥ Increases self confidence
- ♥ Prevents weight gain
- ♥ Prevents falls
- ♥ Reduces abdominal obesity
- ♥ Increases bone density
- ♥ Improves quality of sleep
- ♥ Improves physical appearance
- ♥ Treatment for blockages in the leg arteries

Adults gain most of their health benefits when they do the equivalent of at least 150 minutes of moderate intensity aerobic physical activity (2 hours and 30 min) each week. Moderate intensity is equivalent to brisk walking and vigorous intensity is equivalent to running or jogging. Adults gain additional and more extensive health and fitness benefits when they complete even more aerobic activities.

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.

[www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org)

## Classification of Total Weekly Amounts of Aerobic Physical Activity Into Four Categories

Levels of Physical Activity	Range of Moderate-Intensity Minutes a Week	Summary of Overall Health Benefits	Comment
Inactive	No activity beyond baseline	None	Being inactive is unhealthy.
Low	Activity beyond baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle.
Medium	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low end.
High	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits.

- **Inactive** is no activity beyond baseline activities of daily living.
- **Low activity** is activity beyond baseline but fewer than 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity a week or the equivalent amount (75 minutes, or 1 hour and 15 minutes) of vigorous-intensity activity.
- **Medium activity** is 150 minutes to 300 (5 hours) minutes of moderate-intensity activity a week (or 75 to 150 minutes of **vigorous-intensity physical activity** a week).
- **High activity** is more than the equivalent of 300 minutes of moderate-intensity physical

*The message is simple. More activity than you are currently doing is beneficial to your health. We get many health benefits both physically and mentally when we exercise. Let's get Moving.*

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