

Today **IMPACTS** Tomorrow



Taking care of your health today can impact your future. A little exercise can give you great health benefits today and futuristically. Research continues to find that even brief bouts of activity can help alleviate the grim effects of an array of health problems.

A study published in *The American Journal of Cardiology*, shows taking a 30-minute walk can reduce the risk for developing diabetes, stroke and heart disease. While the research did show more vigorous and sustained exercise increases benefits, researchers were struck by how effective the low- to moderate- intensity activity was for study participants.

Additional study findings relevant to exercise and your health include:

Exercise is the best medicine for mankind; yet only 20-30 percent of Americans make exercise a regular part of their daily / weekly life. We now have studies to prove the benefits of exercise in relationship to your health and life. It isn't about "wanting" to exercise; it's about "needing" to exercise and creating a personal plan to get started and to keep going.

If you need help developing your plan, call Mutch Women's Center for Health Enrichment at (605) 328-7155 to schedule a Health Action Plan session.

DEMENTIA

Healthy men and women age 65 were followed for four years. Of the 749 study subjects, those who walked the most showed a 27% decrease in the risk of developing vascular dementia. (Neurology)

DEPRESSION/ MENTAL HEALTH

Research on approximately 7,000 men and women, ages 20–88, found regular physical activity reduces depressive symptoms and improves feelings of emotional well-being. The subjects routinely engaged in walking, jogging and running. (Medicine & Science in Sports & Exercise)

BREAST CANCER

Compared to women who didn't exercise, subjects who engaged in regular exercise lowered their chances of getting breast cancer by more than one-third. (The New England Journal of Medicine)

HEART DISEASE

Of 88,393 women ages 34–59, those who exercised regularly more than 3.5 hours per week enjoyed a 150% lower incidence of coronary heart disease than the women who didn't exercise. (Circulation)

PAIN MANAGEMENT & MOBILITY

Older adults who finished an eight-week resistance-training program showed increases in strength gains of 62%–119%, while also reporting that they felt less overall physical pain associated with aging. (Journal of Sports Science and Medicine)

YOU CHOOSE. Healthy aging is 30% genetics and 70% daily lifestyle choices.