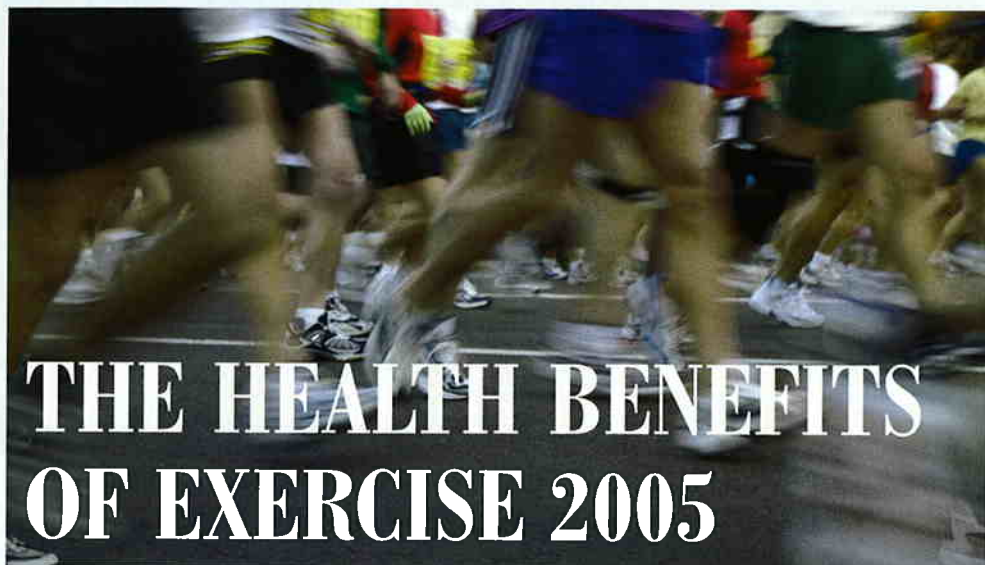




## HAPPENINGS



# THE HEALTH BENEFITS OF EXERCISE 2005

The following report was prepared by IHRSA\* for 2005 and is reprinted, with permission, for our readers. The research information is an invaluable testament to the benefits of exercise.

**T**he Health Benefits of Regular Exercise are the health club industry's most underleveraged asset. They represent the industry's # 1 opportunity to turn members into missionaries.

These research studies are conducted at the most prestigious universities and medical centers around the world and are published in peer-reviewed journals of the highest standing.

These studies are 3rd party endorsements for the health benefits of regular exercise. They underpin the value of everything that we do. They provide a foundation for the future growth of the industry, render dignity and significance to the industry and form the basis for public policy supporting the industry.

This research can position your club as a vital health resource for your entire community **AND...** turn your members into missionaries for regular exercise, influencing their spouses, children, friends and colleagues.

No other Industry has anything even remotely like this. It is an unpaid and unearned asset.

*John McCarthy, Executive Director IHRSA*

### The Health Benefits of Exercise

What follows is a sampling, prepared by the International Racquet and Sportsclub Association, of over 42 important studies that have been published within the past few years. Each study represents a breakthrough that extends scientific knowledge about the health benefits of regular exercise.

#### Alzheimer's Disease

- In a study involving 2,257 men, ages 71 to 93. Those who walked at least 2 miles/day were less

than half as likely to develop Alzheimer's than those who walked less than 1/4 mile/day. *JAMA, September, 2004*

- For every one-unit increase of BMI, (5 to 7 pounds), a woman's risk of developing Alzheimer's increases by 36%. *Tufts Health & Nutrition Letter February, 2004*

"The single most significant trend in Alzheimer's research is the evidence that the risk factors for heart disease (a sedentary lifestyle and a high fat diet) track with those for Alzheimer's" *Newsweek, January 12, 2004*

#### Arthritis

- A two year study of 300 rheumatoid arthritis patients found that those involved in a 75 minute exercise program twice a week showed greater improvement in functional ability, physical capacity and muscle strength when compared to those in traditional therapies.

*Arthritis and Rheumatism, September, 2003*

#### Functional Capability For Those with Arthritis

- Research conducted at Northwestern University's Feinberg School of Medicine, involving 6,000 people with arthritis over the age of 65 found that those who did not exercise regularly were 90% more likely to experience a decline in everyday functional capability than those who exercised regularly.

*Arthritis and Rheumatism April, 2005*

#### Benefits of Strength Training for Older Americans

"Strength training reduces the risk of falls, increases bone density..and reduces the symptoms for arthritis, heart disease, osteoporosis, diabetes, obesity and back pain...and can also have a profound effect on a person's mental and emotional health."

*Center For Disease Control "Growing Strong - Strength Training for Older Americans", April 1, 2004*

#### Breast Cancer Prevention

- Research involving 74,000 women, over 25 years, found that active women, even those with a family history of breast cancer lowered their risk of the disease by 18%.

*JAMA, September 16, 2003*

#### Breast Cancer Recurrence

- A groundbreaking study involving more than 2,100 women found that even moderate amounts of exercise (30 minutes/day) can reduce a woman's risk of breast cancer recurrence by one-quarter to one-half.

*Susan G. Komen Breast Cancer Foundation, September, 2004*

#### Death from Breast Cancer

- Women who exercise one to three hours per week can reduce their risk of dying from breast cancer by 23%. Women who exercise 3 to 5 hours per week can reduce their risk of dying by 54%

*American Association for Cancer Research, March, 2004*

#### Colorectal Cancer

- A 20-year study, involving 2,500 men and women, aged 30 to 74, found that long-term regular exercisers reduced their risk of colon cancer by 69%.

*American Journal of Epidemiology, November, 2004*

- Men and women who exercise regularly lower their risk for rectal cancer by 40% to 50%.

*American Journal of Epidemiology, September, 2003*

#### Uterine Cancer

- Research conducted at the Shanghai Cancer Institute, involving 62,573 women for 10 years, found that sedentary women are 54% more likely to develop uterine cancer than women who exercise 3 to 6 hours per week.

*American Association For Cancer Research, December, 2004*

#### Metabolic Syndrome

- Metabolic Syndrome is a deadly mix of risk factors including high cholesterol, high blood sugar, high blood pressure and excess abdominal fat.

- Research conducted at Johns Hopkins University School of Medicine found that a six month program of regular exercise could reduce the incidence of patients with metabolic syndrome by 41%

*American Journal of Preventive Medicine, January, 2005*

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## HAPPENINGS

### Metabolic Syndrome

A 17-year study, conducted at the Yale University School of Medicine, found that regular exercise of any kind helps lower cholesterol (LDL), blood sugar, blood pressure, keeps weight down, and improves mental outlook.

*British Journal of Sports Medicine, August, 2004*

### Cognitive Decline

• Regular exercise is not only a hedge against cognitive decline, but it is also associated with improvement in cognitive function.

*Proceedings of the National Academy of Sciences, March, 2004*

• For older Americans, for every single higher unit of BMI (5 to 7 pounds), there is an 11% to 14% increase in the risk of brain atrophy.

*Neurology, November 23, 2004*

• A 10-year study of 259 men, aged 81 to 100, found that sedentary men experienced 3.5 times greater mental decline than the men who maintained a high level of physical activity.

*Neurology, December 28, 2004*

### Hypertension

• For the 65 million American adults who suffer from hypertension, and the additional 45 million Americans who suffer from pre-hypertension, there are only three lifestyle modifications that can reduce the risk of serious health problems

- quit smoking
- adopt a low-fat diet
- get more exercise

*Archives of Internal Medicine, October 25, 2004*

### Cardiovascular Disease

• A 15-year study, involving 4,000 young men and women, aged 18-30, found that those who exercised least were "much more likely" to develop heart disease, diabetes, and hypertension in their middle years.

*JAMA, May 2, 2004*

### Heart Attack & Death From Heart Disease

• A study involving 120,000 patients at the Cleveland Clinic estimated that 80% to 90% of heart attacks could be traced to lifestyle factors, including smoking, eating too much, and exercising too little.

*JAMA, May 2, 2004*

• Research conducted at the Albert Einstein School of Medicine, involving 9,790 men and women for 17 years, found that

those who exercised least had cardiovascular death rates 55% higher than those who exercised most.

*American Journal of Preventive Medicine, May, 2004*

### Depression

• "Physicians should be offering all patients with depression a program of exercise to overcome their symptoms. Exercise could prove to be a more effective form of therapy for some forms of depression than pills."

*British Mental Health Foundation, April, 2005*

### Diabetes

• A 15-year study involving 2,200 diabetic men found that the death rate for the least fit men was 7 times higher than the death rate for the most fit.

*Diabetes Care, January, 2004*

### Erectile Dysfunction

• Research conducted at the Center for Obesity Management in Naples, Italy, found that the men who exercised most and lost the most weight had better erections than those who exercised less (or not at all) and lost less weight.

*JAMA, June 23, 2004*

### Independent Living

• A 14-year study, involving 171 women, whose average age was 74 at the beginning of the study, found that those who were "most consistent" about getting regular exercise were "most likely" to be living independently 14 years later.

*Archives of Internal Medicine, November, 2003*

### Parkinson's Disease

• Regular exercise has been shown to halt the progression of the degeneration of nerve cells that are normally destroyed by Parkinson's.

*Annual Meeting of the Society for Neuroscience, October, 2004*

### Relief of Chronic Back Pain

• Research involving 1,300 men and women suffering from chronic back pain found that the optimal treatment for relief involved:

- 1) General Practitioner involvement
- 2) Spinal manipulation
- 3) A 12-week "Back To Fitness" program.

*British Medical Journal, November 19, 2004*

### Stroke

• A review of 23 international studies concluded that highly active people have 27% lower risk of having a stroke or dying from a stroke...than people who do not exercise.

*Stroke, October, 2003*

• Research conducted at University Hospital in Goteburg, Sweden, which tracked 7,400 men for 28 years, found that those with a BMI of more than 30 are 93% more likely to suffer a stroke than those with a healthy BMI.

*Stroke, October, 2004*

• A 10-year study, involving 17,000 men, at the Cooper Clinic in Dallas, TX, found that the incidence of stroke among "high fit" men was 72% lower than it was among "low fit" men.

*Medicine & Science in Sports & Exercise, April, 2002*

### Excess Weight & Health Problems

• Research involving 73,000 adults, aged 50 to 76, at the Fred Hutchinson Cancer Center in Seattle, WA found that excess weight correlates to 37 serious health conditions in women and 29 conditions in men.

*American Journal of Preventive Medicine, December, 2004*

• Research conducted at Northwestern University, involving 6,800 men and women for 26 years, found that those who are overweight in their middle years are more likely to report physical, emotional, and social well-being problems in later years.

*Archives of Internal Medicine, November 10, 2004*

### Healthy Aging

• A 9-year study, involving 6,400 adults, aged 39 to 63, conducted at University College, London, found that those who exercised 2.5 hours (or more) each week were the least likely to report limitations in physical function.

*American Journal of Preventive Medicine, April, 2005*

### All Cause Mortality

• An 11-year study, involving 13,344 men and women, found that the least fit men died at a rate 3.4 times greater than the most fit men. The least fit women died at a rate 4.6 times greater than the most fit women.

*JAMA, November 3, 1989*

• An 8 year study, involving 9,611 adults in their 50's and 60's, conducted at the Univer-

sity of Michigan Medical School found that those who exercised regularly during that period were 38% less likely to die than those who were sedentary.

*Medicine & Science in Sports & Exercise November, 2004*

### Health Care Costs

• The State of Michigan's Governor's Council on Physical Fitness and Sports determined that the average annual incremental cost of sedentary living in the State of Michigan is \$1,175/person/year.

*"The Economic Cost of Physical Inactivity in the State of Michigan" Michigan Fitness Foundation, 2003*

• The Health Partners Research Foundation has determined that after the age of 50, the average health care cost of its sedentary insured was \$2,200 more than the comparable cost of those insured's who were regular exercisers.

*Health Partners Research Foundation, October, 2003*

• A study of 45,000 Motorola employees found that whereas health care costs of those employees involved in the company's wellness program rose 2.4%/year, the average increase for those not involved was 18.2%/year.

*"Prevention Makes Common Cents" U.S. Department of Health and Human Services, September, 2003*

• The Rand Corporation estimates that the per annum incremental cost of obesity is now \$395/person/year (\$93 billion/year) - almost twice the cost of smoking, and three times the cost of heavy drinking.

*The Rand Review, Spring, 2004*

• A 19 year study, involving 10,245 men, at the Cooper Clinic in Dallas, Texas, found that the average health care cost for fit men was 53% lower than the average cost for unfit men.

*Medicine & Science in Sports & Exercise, December, 2004*

\*IHRSA is the International Health, Racquet and Sportsclub Association with a total club membership of over 6,000 health clubs in the U.S., Canada and 70 other countries. See www.ihrsa.org. For membership enquiries: membership@ihrsa.org Phone 888 640 9580