

Physical Activity

Health benefits to your get-up-and-go

Types of Physical Activity

Aerobic - moving large muscles in a rhythmic way to get your heart pumping

Strength - muscle contractions against resistance

Flexibility - the range of motion possible at a joint

Balance - maintaining body's equilibrium while stationary or moving

Benefits

Aerobic	lowers risk of all-cause mortality	increased quality of life
	lower incidence of cancer (multiple types)	increased quality of sleep
	lowers incidence & mortality cardiovascular disease	much, much more!
Strength	Reduced injury	Improved quality of life
	Increased basal metabolic rate	Improved quality of sleep
	Reduced fatigue	Improved bone mineral density post-menopause
	Improved sleep	Improved weight maintenance
	Improved performance and muscle strength	Decreased pain/disability
	Reduced risk of falls in the elderly	Improved mental health
Flexibility	Improved recovery/healing	Reduces risk of injury
	Improved recovery (soreness)	Enhances physical performance
Balance	Improves body's ability to withstand destabilizing stimuli or postural sway	
	Decreases injury in elderly population	
	37% decrease in injuries from falls	
	30% decrease in injuries requiring medical care	
	43% decrease in severe injury falls	
	61% decrease in falls resulting in fractures	

Health Research

If worldwide physical activity increased by 25%, then 1.3M deaths could be averted each year (1).

Sedentary activity (no movement) is especially to blame; causes 7% mortality (all causes) (2)

Standing for 2 hrs per day (as opposed to sitting) will reduce all-cause mortality by 10% (3), BUT physical activity of just 1-1.9 hrs moderate to vigorous activity (able to talk but not sing) per week will reduce it by 18% (4)

Moderate physical activity reduces risk of coronary heart disease in active persons by 20-30% when compared to inactive persons (5)

Physical activity decreases risk of Type 2 Diabetes by 31% (6) AND was effective to lower HbA1C levels with or without diet co-intervention (7)

Physical activity decreases risk of cancers (especially breast & colon), likely at about 3 hrs per week of moderate to vigorous intensity exercise (8). Colon cancer risk is decreased by 17-30% with exercise (9)

Years of Life gained (10):

1. 75 mins brisk walking per week = ~1.8 years
2. 90-150 mins brisk walking per week = ~2.5 years
3. 200 mins brisk walking per week = ~3 yrs
4. 400 mins brisk walking per week = ~4 yrs
5. 500 mins brisk walking per week = ~4.5 yrs

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