

Health Benefits of Regular Exercise

Improvements in Cardiovascular and Respiratory Function

- Increased use of oxygen due to training adaptations made by the heart, blood vessels and muscle cells
- Decreased breathlessness at any given intensity of exercise
- Decreased heart rate and blood pressure at any given exercise intensity
- Increased density of capillaries (better circulation in small blood vessels) within muscles
- Increased exercise capacity and reduction of fatigue within muscles
- Reduction in disease symptoms such as angina or leg pain (claudication)

Reduction in Risk for Cardiovascular Disease

- Reduced resting Systolic and Diastolic blood pressure
- Increased HDL “good cholesterol” and decreased LDL “bad cholesterol” & triglycerides (circulating fat within arteries)
- Reduction in total body fat and fat stored in the abdominal region
- Reduction of insulin and better glucose tolerance (reversal or prevention of Type 2 Diabetes)
- Reduced “stickiness” of blood cells and “smoother” flow of blood (less clotting)
- Reduced inflammation within arteries

Decreased Risk of Further Disease and Premature Death (Morbidity and Mortality)

Primary Prevention (Before occurrence of Disease)

- Higher fitness levels are associated with lower death rates from Coronary Artery Disease
- Higher fitness levels are associated with lower incidence rates from all cardiovascular disease including *strokes and coronary disease, also type 2 diabetes, osteoporosis, cancer of the colon and breast, gallbladder disease and dementia.*

Secondary Prevention (Following a Cardiac Event to prevent another)

- Cardiovascular and all-cause mortality (death) are significantly reduced in patients who suffered a heart attack (MI) and who participate in regular cardiac rehab exercise training

Additional Benefits

- Decreased anxiety and depression
- Decreased risk of dementia and improved cognitive function of brain
- Enhanced physical function and independent living in older individuals
- Enhanced feelings of well-being and quality of life
- Enhanced performance of work, and recreational activities
- Reduced risk of falls and injuries in older individuals
- Effective therapy for many other chronic diseases in older adults

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