

Exercise: How Important Is It?

Let's Start With Some Quotes And Studies:

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."
- Edward Stanley, Earl of Derby

"Failure to exercise a minimum of 3 times per week for at least 30 minutes in duration each time is the equivalent of smoking one pack of cigarettes each day. What this means is that exercise is no longer just good for you, it is bad for you if you don't exercise."

[Surgeon General](#), July 11, 1996.

Exercise Is Just Good For You! This is definitely a wow study!

2½ hours of exercise per week, decreases the risk of all disease by 60%! [Framington Heart Study](#)

What If You Don't?

People 70lbs overweight will spend \$30,000 extra in their lifetime for health care.

[Scientific American](#), 2011

[Metabolism](#)... Beginning in your 30's your metabolism slows by 5% a decade due to muscle loss. By 65 you can lose half your muscle mass and decrease your metabolic burn by 200-300 calories.

Can I Turn It Around?

It is never too late! People who became more active in their 40's cut their risk of heart disease by nearly the same amount as those who had maintained a lifetime of activity. [University of Heidelberg](#), 2006

Top 15 Benefits of Exercise

1. Increases metabolism to burn calories by increasing [oxidation](#) (breakdown & use) of fat.
2. Improves blood sugar control. With inactivity the body becomes more resistant to insulin, increasing the risk for [type 2 diabetes](#).
3. Improves immune system function.
4. Protects the body from cancer & increases digestive efficiency decreasing the risk of colon cancer 30-40%.
5. Increases [aerobic capacity](#).
6. Develops new blood vessels in the heart & muscles.
7. Increases [hemoglobin](#) level, for better oxygen transport.
8. Decreases blood pressure, increases [HDL cholesterol](#) & decreases risk of blood clots, heart disease & stroke.
9. Maintains, tones & strengthens muscles & increases muscular endurance. Inactivity causes muscles to atrophy, for women in their 40s & men in their 50s.
10. Increases bone strength. Lack of activity leads to bone weakness, [osteoporosis](#) & bone loss.
11. Increases thickness of joint cartilage.
12. Increases blood flow to the skin.
13. Improves sleep patterns.
14. Decreases risk of [cognitive decline](#) & [dementia](#).
15. Decreases risk of depression & symptoms of those already depressed.

What Should I Do?

Current recommendations: 30 minutes of exercise 5 days per week.

Remember there are 1,440 minutes in a day and 168 hours in a week, 30 minutes is only 2% of a day!