

Module 2, Lesson 3 Handout:

Exercise Benefits

We've known for a long time that exercise is a great way to burn calories, but by now we also all know that exercise has many more benefits. We know from Level 1 that exercise makes a person feel good, which can motivate them to eat well, do their jobs well and simply be happy. We also know that exercise helps to build muscle which helps rev metabolism which helps burn more calories and maintain or lose weight. We also know that exercise prevents disease such as cardiovascular disease, diabetes and cancer. It also helps reduce the risk of depression. It's good for our bones. It reduces stress, helps us sleep better and improves executive functioning. What can't exercise do?

When your clients ask you for recommendations on how to Sweat Often, you want to make sure you're creating realistic achievable goals and exercise that they find enjoyable - or as enjoyable as possible. That is first and foremost. You want to get your clients moving.

Below is a look at some of the latest research on exercise and weight loss/overall health. This may be useful in your discussions with clients.

Exercise & the Immune System

An article published in *Exercise Immunology Review* shut down the idea that moderate exercise is beneficial to the immune system but arduous exercise may have negative consequences and suppress it. This moderate exercise increases circulation, which helps cells move throughout the body for defense against pathogens and cancer cells, while decreasing inflammation. A larger study published in the *Annals of Family Medicine* studied the benefits of exercise on immunity and risk of illness in a group of 373 men and women. Incidence of illness was reduced by 14% and duration of illness was reduced by 23% for those who participated in moderate intensity exercise for 8 weeks, when compared with a control group that did not have a regular exercise regimen.

Exercise, Fat Burning & Timing of Meals

A small study on men published in the *Journal of Clinical Endocrinology and Metabolism* found that men who exercised before breakfast burned twice as much fat as those who exercised after. The men did not lose more weight after six weeks but they did have other markers of improved health.

Higher Step Count, Lower Mortality

Researchers found that taking 8,000 steps per day versus 4,000 steps per day was associated with a 51% lower risk for death from all causes. Taking 12,000 steps per day was associated with a 65%

lower risk compared. This was published in the *Journal of the American Medical Association*. This was interesting because most of this research has been done on older adults. This study was done on a large group of people over the age of 40.

Use the list on the Exercise & Calorie Burn tool that goes along with this lesson to help your client who may need to think outside of the box as far as activity goes. Some of your clients will be interested in how many calories each activity burns but remind your client that metabolism differs from person to person and the amount of calories burned will vary depending on age, sex etc. And, the most important thing to do is to be consistent and enjoy exercise for exercise not for a weight loss goal alone. Be realistic and set goals accordingly.