

GETTING STARTED WITH AN EXERCISE PROGRAM

When we start a lifestyle modification program, we often need an extra “push” to maintain our change. Consider the following benefits you can expect by including a healthy diet and a moderate exercise program into your lifestyle:

Benefit	Source
Preventive medicine. The evidence is overwhelming: a balanced diet combined with moderate exercise is one of the best things you can do for your body. It bolsters the immune system and lowers the risk of heart disease, cancer, high blood pressure, diabetes, obesity and osteoporosis.	American Cancer Society American Heart Association US Surgeon General
Improves strength at any age. In a study of 90 year old men and women who used weight machines 3 times per week for 8 weeks, the subject’s strength increased by 174%.	US Department of Agriculture Research Center on Aging at Tufts University
Slashes risk of heart disease. 120-160 minutes per week of aerobic activity can help control cholesterol, high blood pressure and diabetes.	American Heart Association
Boosts brain power. Keeps brain sharp in old age and may help prevent Alzheimer’s Disease.	Carl Cotman, Ph.D., University of CA at Irvine
Maintaining or reducing your weight increases longevity. People who gain 20-40 pounds since the age of 18 are 2 ½ times as likely to die from coronary heart disease.	Harvard Study in the New England Journal of Medicine
Exercise significantly reduces depression and improves sleep.	Journal of Gerontology
Relieves symptoms of PMS (premenstrual syndrome). In a 14 week study, aerobic exercise 3 times a week for 45 minutes was shown to significantly relieve premenstrual depression and anxiety.	George Washington University, Washington, DC

Benefit	Source
May reduce breast cancer risk. 3.8 hours of exercise per week reduced risk by 58%. 1-3 hours per week reduced risk up to 30%.	Journal of the National Cancer Institute.
Improves mood and feelings of well-being. A 10 minute walk can boost mood quickly and the after-effects can be long-lasting.	Robert Thayer, Ph.D., California State University
Reducing total fat can also help you lose weight. If you're overweight, cutting back on saturated fat cholesterol and losing as few as 5 to 10 pounds can double the drop in LDL's. Regular aerobic exercise, which aids weight loss, has also been shown to raise HDL's and lower LDL's.	Adrienne Forman, Environmental Nutrition
Exercise boosts memory. Adults who exercise aerobically increase significant amounts of blood flow to the brain which leads to better memory.	Judy Tatelbaum, DA Psychotherapist/Author
Even moderate exercise works to stimulate the brain. Researchers put half of a group of sedentary people ranging in age from the mid-20's to early 60's on a walking or jogging program 3 times a week. After 10 weeks, the active group reported more mental alertness and vigor.	Duke University study
Exercise gains are extremely comprehensive, thoroughly generating both physical and mental benefits. "People who exercise regularly tend to sleep better and use less sugar, caffeine, alcohol, nicotine and other drugs. Above all, exercise makes you feel good about yourself. For most people, exercise is one of the most obvious self-respecting behaviors. Each time you jog, visit the gym or play a game of squash, you are building your positive self-image – a physical, mental, emotional and spiritual foundation for your growing self-esteem."	Richard Earle, Ph.D. & David Imrie, MD, "Your Vitality Quotient"