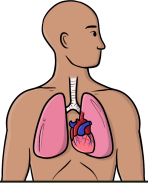

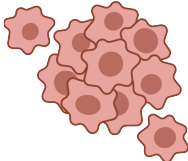





CONCEPT: HEALTH BENEFITS OF EXERCISE

- ◆ Every level of physical activity and exercise results in positive health outcomes.
 - ___ levels of exercise are associated with longer lifespan and ___ quality of life.
 - There are numerous major health benefits of exercise.

Long-Term Benefits of Exercise			
1. Cardiorespiratory Fitness		2. Lower Risk of Diabetes	
	<ul style="list-style-type: none">▸ Strengthens heart muscles.▸ ___ HDL and ___ LDL.		<ul style="list-style-type: none">▸ ___ Risk of type 2 diabetes.▸ ___ Insulin sensitivity.
3. Lower Risk of Cancer		4. Improved Immunity	
	<ul style="list-style-type: none">▸ ___ Several cancer risk factors.▸ ___ Quality of life for cancer survivors.		<ul style="list-style-type: none">▸ ___ Inflammation▸ ___ Immunity▸ ___ Risk of upper respiratory infections.
5. Stronger Bones		6. Better Mental Health	
	<ul style="list-style-type: none">▸ Weight-bearing exercises in early years build stronger bones.▸ Helps maintain bone density.		<ul style="list-style-type: none">▸ Improves cognitive function.▸ ___ Anxiety and depression.

EXAMPLE

Sam has been lifting weights since he was a teenager. Which of the following health benefits could be specifically attributed to weight-bearing exercise?

- a) Improved vision
- b) Lower risk of cancer
- c) Higher bone density
- d) Lower risk of seasonal affective disorder

CONCEPT: HEALTH BENEFITS OF EXERCISE

2018 HHS Physical Activity Guidelines

◆ Sufficient physical activity is the most important thing one can do improve their health.

1. For substantial benefits, adults should engage in _____ min/week of moderate-intensity aerobic physical activity.

- Alternatively: _____ min of vigorous-intensity aerobic physical activity or an equivalent combination of both.



2. For more *extensive* benefits double the amount of recommended physical activity.

- Extensive benefits include a _____ risk of all-cause mortality.

3. Adults should also engage in muscle-strengthening activities _____ days/week.



4. **Everyone** should avoid inactivity (Insufficient Physical Activity).

- Spend less time doing _____ activities.

EXAMPLE

Which of the following statements is incorrect about the 2018 Physical Activity Guidelines for Americans?

- a) Everyone should try to reduce their sedentary activities.
- b) Weight-bearing exercises three or more days a week.
- c) 30 min/day, 5 days/week of moderate intensity exercise is sufficient.
- d) 300 minutes of moderate intensity exercise per week provides extensive health benefits.

CONCEPT: HEALTH BENEFITS OF EXERCISE

PRACTICE

Which of the following statements about the relationship between exercise and *physical health* is incorrect?

- a) Exercise improves mental health by preventing depression.
- b) Resistance training exercises help maintain bone density in adults.
- c) Exercise improves insulin sensitivity of cells which reduces the risk of type 2 diabetes.
- d) Aerobic exercises improve cardiorespiratory function by strengthening heart muscles and improving oxygen intake.

PRACTICE

Exercise provides all of the following health benefits, except:

- a) Exercise reduces inflammation and improves body's immunity against infectious diseases.
- b) Studies have shown that regular exercise can reduce the risk of cognitive impairment.
- c) Regular exercise is associated with a reduced risk of all-cause mortality.
- d) Exercise can help prevent autoimmune diseases by decreasing inflammation.