



HEALTH BENEFITS OF EXERCISE REPORT

COMMUNITY EXERCISE BENEFITS CANCER SURVIVORS



Research has consistently shown that exercise is beneficial for cancer survivors. A study in the journal *Physiotherapy Theory and Practice*

tested the impact of a community based exercise program on physical function, strength, and quality of life in cancer survivors. The program lasted for 12 weeks during which 59 cancer survivors exercised twice weekly in 90 minute training sessions broken into three 30 minute blocks focused on aerobic conditioning, resistance training, and balance.

Results showed that participants improved physical function measures like walking distance in six minutes, leg and chest strength, and reach. Improvements were also noted in physical, emotional, and functional well being. Health clubs are a safe, supportive place to exercise, and several IHRSA health clubs have led the way in offering programs to cancer patients and survivors.

EXERCISE IMPROVES QUALITY OF LIFE IN PEOPLE PREPARING FOR WEIGHT LOSS SURGERY

Research has shown that exercise is good for people who are preparing to have weight loss surgery. A study in *Obesity* looked at the impact on health related quality of life of participating in an exercise program designed to increase moderate to vigorous exercise prior to undergoing surgery. The study followed 75 adults, mostly female, for six weeks.

The study showed that the exercise program increased physical activity bouts by an average of 16 minutes, from four minutes to 21 minutes. Exercise also improved health related quality of life compared to standard pre-surgery care, which generally involves physician and dietitian consultations but no exercise component. In addition, among the exercise group, those with higher baseline physical functioning were more likely to increase the length of their physical activity bouts, which in turn was linked to improvements in physical function, pain, and general health.

These findings suggest that participating in exercise programming prior to weight loss surgery has beneficial outcomes, and further research should look at other benefits, including surgical safety and weight loss. Health clubs provide a safe place for people to begin and maintain a regular exercise program.

HEALTH CLUB BASED EXERCISE PROGRAM ENHANCES PHYSICAL ACTIVITY AMONG PEOPLE WITH TYPE 2 DIABETES



A study in the *Journal of Physical Activity and Health* tested the feasibility and effectiveness of an exercise program for people with type 2 diabetes

based in health clubs around Austria. The program included specific exercise classes for people with type 2 diabetes. And researchers followed 881 people for 12 months in 22 Austrian communities to see if their activity levels increased as a result of participation in the exercise classes.

At the beginning, 51% of participants said that lack of suitable exercise classes was a barrier to being active. After two months, 12.9% of the group dropped out, and after a year 42% remained. During the program, time spent on exercise increased by 45 minutes, from an hour and 24 minutes a week to 2 hours and 9 minutes a week. The authors concluded that the exercise classes effectively enhanced participants' physical activity levels.

SOURCES

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