



# HEALTH BENEFITS OF EXERCISE REPORT

## FUNCTIONAL TRAINING BENEFITS OLDER WOMEN



Functional exercise involves training movements required for daily activities and has grown in popularity over the past few years. A study published

in the *Journal of Sports Medicine and Physical Fitness* assessed the impact of a functional exercise program on balance and body composition among women over the age of 60 years. During the three month program, 30 women participated and underwent tests to measure balance and body composition at the beginning and end of the program.

Results showed that participants saw improved balance and experienced both weight loss and fat loss – about 3 pounds weight loss and 1.26% fat loss on average. The authors concluded that the functional training program provided benefits to older women and helped counteract some of the age related loss of balance and muscle mass. Health clubs provide a safe, effective environment for women to be active later in life.

## RESISTANCE TRAINING AND AEROBIC EXERCISE BENEFICIAL DURING PREGNANCY

It is estimated that approximately 10% of women engage in resistance training during pregnancy. A survey published in the *Journal of Physical Activity and Health* assessed the associations between resistance training and adverse outcomes during pregnancy. The survey was completed by 284 women and included data on exercise levels during each trimester and birth outcomes during their most recent pregnancy in the past five years.

Based on results, several groups emerged: women who did both resistance and aerobic training, women who took part in just aerobic exercise, and women who did not exercise at all. The group who trained using both aerobic and resistance exercise trained on average 2.9 days per week for 27.3 minutes. This group showed less prevalence of hypertensive disorders (like pre-eclampsia) and gestational diabetes. In addition, no risk of pre-term labor, mode of delivery, or gestational age at delivery was noted among women who exercised. Health clubs provide a safe place for women to enjoy both aerobic and resistance exercise during their pregnancies.

## EXERCISE PROGRAMS IMPROVE HEALTH RELATED QUALITY OF LIFE FOR CANCER SURVIVORS



A review in the journal *Oncology Nursing Forum* looked at whether exercise programs exerted a positive effect on health related

quality of life (HRQOL) among cancer survivors. The review consisted for 40 clinical trials involving over 3,600 people who had completed their primary cancer treatment regimen.

Results showed that after 12 weeks in an exercise program, participants experienced improved HRQOL, emotional well-being, and social functioning, as well as reduced levels of anxiety and fatigue. This review lends evidence to the argument for inclusion of exercise programs in guidelines for management of cancer survivors. Health clubs provide a safe, supportive environment for exercise, and some offer programs specifically addressing the needs of cancer patients and survivors.

## SOURCES

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