



# HEALTH BENEFITS OF EXERCISE REPORT

## HIGH AND MODERATE INTENSITY SWIM WORKOUTS IMPROVE CARDIOVASCULAR HEALTH AMONG WOMEN WITH HYPERTENSION



A study published in the journal *Biomed Research International* looked at the effect of moderate and high intensity swim workouts on markers of cardiovascular health including resting heart rate,

blood lipid levels, and physical performance in previously sedentary women. During the study, 62 women were assigned to one of three groups: high intensity swimming consisting of 6-10 rounds of 30 seconds all out swimming and two minutes rest, moderate intensity swimming consisting of one hour of consistent swimming, and a control group who did no exercise.

The results of the study showed that both moderate and high intensity swimming resulted in decreased resting heart rate, decreased fat mass, and improved performance. There were no changes to blood lipid profiles in either group. These studies indicate that both high and moderate intensity swimming are good strategies for improving cardiovascular health in sedentary women, although the high intensity group achieved these results more efficiently. Many health clubs offer access to pools year round, providing a safe environment for habitual exercise.

## FITNESS IN YOUNG ADULthood LINKED TO BETTER MEMORY IN MIDDLE AGE

A twenty year study published in the journal *Neurology* followed over 2,000 adults over 20 years, testing their cardiorespiratory fitness and memory to investigate the link

between fitness in young adulthood and cognitive function 25 years later. During the study, adults performed a treadmill test to assess fitness at the beginning of the study and at year 20, and performed testing to assess verbal memory, psychomotor speed, and cognitive function at year 25.

The study found that better fitness at the initial test (when participants were in their mid-twenties) was associated with better outcomes on the memory test 25 years later, even after adjusting for other factors like age, sex, education, and clinic location. Health clubs provide a safe, convenient environment for young adults to pursue an active life.

## EXERCISE ASSOCIATED WITH BETTER PSYCHOLOGICAL WELL-BEING IN NEW MOTHERS



An Australian study published in the journal *Nursing and Health Sciences* evaluated the psychological well being among new Australian and New Zealand mothers compared to the general Australian

population, and looked at any associations between psychological well being and exercise. Psychological well-being was assessed using psychological distress, stress, anxiety, depression as markers.

The study found that new mothers with at least one child under the age of 5 had poorer psychological well-being than the general population, but that mothers who reported at least exercising three to four days per week had significantly more positive psychological well-being than mothers who reported no exercise. Health clubs provide a safe, supportive place for mothers to exercise, and many offer child-care options.



This newsletter has been brought to you by your health club, a member of the International Health, Racquet & Sportsclub Association. To learn more about the health benefits of exercise, visit [HealthClubs.com](http://HealthClubs.com) today.



## SOURCES

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