



The benefits of exercise

You'd have to living under a rock not to know that exercise is good for you. It's at the forefront of most news reports, TV advertising and throughout magazines. There is almost too much information! So just what to you get for this investment in time, effort, blood, sweat and (but hopefully not) tears?

See the list below (which is by no means exhaustive):

- Reduced risk of heart disease, stroke and type 2 diabetes
- Improve your ability to control your blood glucose levels and/manage your insulin resistance
- Reduce your cholesterol and triglyceride levels
- Help you reduce your body fat levels, especially that around your organs
- Reduce your chances of diabetic complications such as heart disease, kidney disease, amputations, sexual dysfunction and eye disease.
- Prevent or manage osteoporosis
- Improve immune function
- Protect against depression and elevate your mood
- Keep you functional in your older age.
- Prevent back pain
- Improve mental awareness and problem solving
- Improve sexual function and sex drive (do we need to go on?).

In fact it has been said

“We know of no single intervention with greater promise than physical exercise to reduce the risk of virtually all chronic diseases simultaneously.”

Booth et al, Jnl of Appl Physiology 2000