



GLOBAL HEALTH PHARMACY

ASK YOUR GLOBAL HEALTH PHARMACIST

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FIGHTING DISEASE WITH EXERCISE

MAKE IT YOUR NEW YEAR'S RESOLUTION

Exercise is one of the few things that can help prevent or slow the development of most – if not all – major health problems, such as high blood pressure or hypertension (HBP, HTN), high cholesterol, heart disease, stroke, type 2 diabetes, arthritis, and bone loss, to name a few. Topping things off, exercise can help ease the aging process by strengthening and stretching muscles and joints.

In no time at all, you may also notice other subtle changes from exercise: more energy, less stress, firmer muscles, better-fitting clothes. Some pretty nice changes, don't you think?

HEART HEALTH BENEFITS:

Your heart is one of the organs that benefits the most. That's a muscle you *really* can't afford to ignore. Exercise helps you heart in several ways:

- 1) Strengthening it, making it a more efficient pump
- 2) Reducing high cholesterol and plaque buildup
- 3) Reducing blood pressure
- 4) Helping you manage your weight

RECENT EXERCISE RESEARCH:

Recent studies shed a little more light on the many benefits of exercise. For example, one study underscored the link between physical and emotional health: People who had exercised 10 years before having a heart attack were 20 percent less likely to have depression after the event than those who had been inactive.

And then there's the matter of mental health. Researchers at the University of Illinois at Urbana-Campaign used brain scans to compare the strength of brain connections in younger and older adults. As, expected, younger adults had stronger brain connections. But older adults with a low-to-moderate range of endurance had stronger brain connections than those who were inactive. This suggested that even moderate levels of physical activities can boost long-term brain function.



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In other cases, short bursts of high-intensity exercise may have greater benefits. A new Canadian study suggests it might help people with type 2 diabetes more than longer sessions of less intensive activity.

Participants in the high-intensity group had twice the improvement in blood sugar levels as those in the low-intensity group. Why is this so? Researchers aren't sure. The higher-intensity workouts may use energy in a different way. Another plus? People can fit this kind of workout more easily into their busy schedules.

WALKING TIPS:

So what kind of exercise should you do? The possibilities are endless. Look at your daily routines for how to incorporate more walking. For example, you could walk up the stairs instead of using the escalator or elevator. You could set up a walk schedule with a friend (30 minutes fast pace walking 2 times a day). For many people, walking is a great choice. It's easy to do and costs nothing. Now, that's a cost-effective approach to aging and fighting disease!

TRY THESE SIMPLE TIPS:

- 1) Warm up by walking slowly for the first 5 minutes.
- 2) Increase your speed for about 15 minutes.
- 3) Use long strides, but walk at a comfortable pace for you.
- 4) Swing your arms, point your toes straight ahead, and keep your back straight and head up.
- 5) End your walk at a slow pace.
- 6) Do some gentle stretches while you're still warmed up.

No matter the exercise program, start slowly, especially if exercise is new to you. Before you begin, talk over your plans with your doctor or Global Health Pharmacist.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if have questions or concerns about a medical condition.

References:

- 1) Health Day: "Health Tip: Walk Correctly." Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_154789.html Accessed 12-02-15
- 2) Health Day: Short Bursts of Intense Exercise Might Benefit Type 2 Diabetics. Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_155644.html Accessed 12-01-15