

“How can exercise help?”

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Most Americans' daily routine is for the most part sedentary and doesn't include activities that will enhance their health. We continuously hear about inactivity raising the risk for obesity, cardiovascular disease, diabetes, and metabolic syndrome. What if we approached exercise with the understanding of how it could help and extend our lives? A comment that I hear often is, "I haven't exercised in years, and it is too late to start." This is a myth; it is never too late to start. The benefits of exercise outweigh the excuse to not get active. Most importantly exercise lessens the likelihood of you suffering the effects of heart disease, the No 1 killer of both men and women in America. What if you have already been diagnosed with heart disease? Exercise prevents the likelihood of the disease controlling your life and could help you extend your life. Exercise is also a great way to lower blood pressure; high blood pressure can double or even triple your odds of developing heart failure, and it can also lead to strokes, aortic aneurysms, and kidney disease.

Diabetes unfortunately affects more than 23 million Americans. When untreated or poorly treated it can lead to blindness, kidney disease, and the loss of limbs. As we begin to exercise regularly, we start to lose weight; the loss of excess weight aids in lowering blood sugar levels. Lowering the sugar levels effects insulin so that less is needed to transport glucose into cells. The results of the regular exercise could in fact lower the risk of getting diabetes. Remember it is never too late to start taking care of your body, so if you already have diabetes, exercise helps control blood sugar which is important in controlling diabetes.

The British Journal of Cancer has shown that exercise helps in cancer prevention and that exercise seemed to lower the risk of some cancers: Colon, Breast, Lung, Endometrial, and Ovarian. Individuals are encouraged to exercise 30 to 60 minutes a day at moderate to intense activity levels. The benefits of exercise are great: changing your hormone levels, reducing inflammation, improving energy metabolism, accelerating the digestive process, as well as enhancing the immune system.

So, it is never too late to put exercise into your daily routine. There are many different types of exercise; it should be reasonable to say that there is something out there for everyone. If you enjoy a group class environment you'll find relaxing classes where you'll gain flexibility, while others are taught on a different scale, to provide cardio benefits. If you have joint issues try out a Water Fit Class; this class is conducted in the water so that it alleviates some of the stresses to the body that might arise in a typical floor exercise class. For those who do not like the group class setting, there are many things that you can do as well: exercise machines, free weights, walking as well as running are great options.

We at the Wellness Center at Bayside are here for you. We are equipped with the resources you need to begin your journey to healthier you. If you have any questions please feel free to

call us at 409-267-3700. The Wellness Center at Bayside is here to “Add Life To Your Years, And Years To Your Life.”