

Exercise is Powerful Medicine

Instructions: Go to www.OptiHealthNetwork.com and click on the Resources in the navigation menu. Enter the case-sensitive password: OptiHealth. Scroll down and click on the link, Exercise is Powerful Medicine, and watch the video. If necessary, you can pause the video to fill-in the blanks below without getting behind. Then do the extra credit.

Study #1: Exercise _____ high blood pressure.

Study #2: Fitness _____ high cholesterol.

Study #3: Fitness _____ obesity.

Study #4: Fitness _____ Type 2 Diabetes.

Exercise _____ Type 2 Diabetes.

Study #5: Exercise _____ heart attacks.

Study #6: Fitness _____ stroke (brain attack).

Study #7: Exercise _____ colon cancer.

Fitness _____ all cancers, especially colon, breast, and prostate.

Study #8: Exercise _____ osteoporosis.

Study #9: Exercise _____ mental illness.

Exercise effectively _____ depression.

Study #10: Fitness _____ mortality.

Study #11: Fitness is the _____ of health and longevity.

Study #12: Exercise is the _____ factor for preventing disease, and improving your health, fitness, and longevity.

Extra Credit: After viewing the video, answer the questions below to test your knowledge retention:

T or F High fit men with high cholesterol have a lower risk of dying than low fit men with normal cholesterol.

T or F There is no difference in mortality rates between highly fit normal weight and highly fit obese individuals.

T or F Diabetics can cut their risk of dying by 50% by just walking 30 minutes per day.

T or F People with heart disease should NOT exercise, because exercise causes heart attacks.

T or F People who are moderately fit have a 63% lower risk of dying from a stroke than people who are low fit.

T or F Exercise eliminates the risk of getting cancer from smoking tobacco.

T or F Only older post-menopausal women need to exercise in order to prevent osteoporosis.

Mark all that apply - Exercise: ___Protects against depression, ___Prevents dementia, ___Reduces anxiety, ___Reduces feelings of distress, ___Reduces feelings of fatigue, ___Enhances a sense of well-being.

T or F In addition to treating depression as effectively as medication, regular exercise provided the benefits of improved mental capabilities in concentration, organization, and planning, whereas medication did not.

T or F A person's level of fitness is a better predictor of health and longevity than blood pressure, cholesterol, diabetes, and heart disease COMBINED.

T or F Most of the benefits of exercise are not realized unless one exercises vigorously for at least 1 hour/day.

_____ exercise = _____ disease and mental illness. The benefits of exercise are _____-dependent.

Extra Extra-Credit: What legitimate reason might someone have for NOT exercising? _____

Should people be required to get a note from their doctors stating it is SAFE for them to NOT exercise, instead of requiring "medical clearance" in order to allow their participation in physical activity? Yes No Why or why not?
