

## Exercise

**Physical fitness** is the most important predictor for **longevity**.

Only **23%** of Americans get any regular physical activity, even light to moderate levels.

The U.S. has been experiencing an **obesity epidemic** for **50** years! Since the 1970's, and it is getting worse, despite extensive Public Health efforts.

**“Regular Physical Activity”** (exercise) **decreases your risk for many chronic diseases, including:**

Obesity	Type 2 Diabetes
High Blood Pressure	Osteoporosis
Coronary Heart Disease	Many types of Cancer
Stroke	Anxiety & Depression

**30-Year Stanford Study compared “Ever-Runners” to “Never-Runners”**

- Improved Aerobic Capacity
- Better Heart Health
- Increased Bone Mass
- Less Inflammation
- Less Physical Disability
- Improved Thinking, Learning, and Memory
- Lived Significantly Longer - Mortality Rate 56% lower
- Health Benefits Persisted into a sedentary lifestyle later in life

**#1 Excuse for Not Exercising: “Not Enough Time”**

- Every 1 minute spent on exercising = 2 minutes gained in longevity
- Taking time to care for your body now pays you back **DOUBLE** in the future.
- The average American spends per day:
  - 2 hours and 45 minutes watching television
  - Only **18 minutes** participating in sports, exercise, or recreation
- The problem is **NOT** Time; it is personal **values** and **priorities**

**Regular exercise helps prevent many types of cancer**, especially:

- Breast & Colon Cancer

**Regular exercise also helps cancer patients live longer and better.**

- Breast cancer patients that exercise have 40% lower recurrence and mortality rates.

**Increasing physical activity after the age of 50** has tremendous benefits:

- Adds 2-4 years of life
- Adds 5.7 years of living disability free
- Higher quantity and **QUALITY** of life!
- “Adds years to your life and life to those years.”

Of all the health habit choices we can make, **maintaining physical fitness is the most important.**

- Staying fit is even a healthier choice than the choice to stop smoking!
- Burning as little as 500 extra calories per week has positive health benefits.
  - Walking **1 mile** = burns **100 calories** (3,600 calories = 1 pound)
- Exercise is a rare case in that “if a little is good, more is better!”
- General Recommendation: **Walk 2-3 miles per day, 6 days per week**
  - = Burns an 1,500 calories/week = 78,000 calories/year = 22 pounds of fat per year
- Health benefits approach maximum when burning an extra **500 calories/day** by exercising.

**In achieving our goal of living to 120, getting regular exercise is an important habit that we should make part of our healthy Christian lifestyle.**