



HEALTH BENEFITS OF EXERCISE REPORT

SWIMMING MAY PROTECT AGAINST FALLS IN OLDER MEN



Given that balance training is the most effective way to reduce the risk of falls among older adults, a study in the *American Journal of Epidemiology* assessed the association between participation in various sports

activities and falls and whether or not lower risks could be attributed to better balance among sports participants. The study looked at over 1,600 Australian men in their mid seventies who were surveyed three times a year for four years about their exercise habits, sports participation, and incidence of falls.

The results showed that golfers and swimmers both had lower odds of falling, but after using statistical methods to adjust for other factors like leisure time activity and lifestyle activity (like gardening), only swimming was significantly associated with a lower risk of falling. Having good balance was also predictive of a lower risk for falls. Many health clubs offer pool facilities and aquatics classes to help older adults stay active and reduce their risk of falling.

PHYSICALLY ACTIVE KIDS LESS LIKELY TO SMOKE



A study in the journal *Nicotine & Tobacco Research* used long-term data to explore the relationship between physical activity and smoking in adolescents.

During the study, several statistical models were used to understand the effect of exercise on the probability of smoking and intensity of tobacco use.

The results showed that each additional day of exercise resulted in 0.3% lower probability of smoking and a 4.1% reduction in the number of cigarettes used by smokers over a month. Exercising seven times per week was most beneficial in terms of reduced smoking among children and adolescents.

Health clubs provide a safe, supportive, and fun place for children and adolescents to be active and healthy.

MORE LEISURE TIME EXERCISE ASSOCIATED WITH LOWER RISK OF HEART FAILURE



A study in the journal *Circulation Heart Failure* used data on over 39,000 people to determine the associations between total activity, leisure time physical activity, and

heart failure. Participants filled out a questionnaire about their physical activity habits and medical diagnoses and were followed for 13 years to determine heart failure outcomes.

Results showed that people who were most active in their leisure time had a lower risk of heart failure from any cause than those who were least active. Higher levels of total daily activity (including activities like gardening and cleaning) were also found to lower risk of heart failure, though to a lesser extent than higher levels of leisure time exercise. These effects constitute a dose response relationship, meaning that the more activity a participant did, the lower their risk of heart failure.

SOURCES

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