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Exercise Can Be the Best Medicine

(COLUMBUS, Ohio)—You know exercise is good for you, but did you know that exercising can increase your energy levels, help improve your mood and lower the risk of some diseases?

Exercise benefits every part of the body. Exercising causes the body to produce chemicals that can help a person feel more peaceful and happy, and can even help you sleep better. People who exercise burn more calories and look more toned than those who do not. It also helps people lose weight and age better.

“Exercise is truly the best medication I can provide patients. Eating is the input of calories. Exercise is the output side of the same coin; therefore, you should probably spend as much time exercising as you do eating and you should do some of it every day just like you eat every day,” said David Weldy, M.D., a family physician from Toledo, Ohio.

Get started by talking with your family physician about a regimen that may work for you. Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.

“When you begin a new exercise regimen, start slowly and build up gradually,” suggests Weldy.

Stick with exercising by choosing something you like to do, exercising with a friend, varying your routine so you are less likely to get bored, and choose a time of day that works for you. You can also read or listen to music to make it more fun.

“As a medicine, exercise prevents, delays or reduces the severity of many diseases including, but not limited to, diabetes, many forms of cancer, coronary artery disease, age-related dementia and Alzheimer’s,” said Weldy.

By exercising you are also reducing blood pressure and your risk of heart disease, osteoporosis and obesity. You may also see a decrease in anxiety and depression. Plus, you are also keeping joints, tendons and ligaments flexible.

It can take weeks or months before you notice some of the changes from exercise, but do not give up!

Ohio Academy of Family Physicians is a statewide professional association with more than 4,200 members, including practicing physicians, family medicine residents and medical students. The scope of family medicine encompasses all ages, both sexes and every disease entity. Family physicians provide comprehensive, continuing care to all members of the family.



FACT SHEET

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How to Get Started

- Talk with your family physician about a regimen that may work for you
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How to Stick With it

- Choose something you like to do
- Get a partner
- Vary your routine
- Choose a comfortable time of day
- Make it fun

Benefits of Exercise

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity
- Keeps joints, tendons and ligaments flexible
- Reduces some of the effects of aging including age-related dementia and Alzheimer's
- Contributes to your mental well-being and helps treat depression
- Helps relieve stress and anxiety
- Increases your energy
- Helps you sleep better
- Helps you maintain a normal weight

Source: www.familydoctor.org