

BENEFITS OF EXERCISE

BY: AIDA RAAB

INTRODUCTION

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- Aida Raab is a Kinesiologist and Program Coordinator at CBI Kings in New Minas . She has been working with the clinic for the past 2 years. She graduated from Acadia University in 2019 with her Bachelors in Kinesiology and minor in Psychology
 - Throughout her time at Acadia, Aida worked as a student athletic therapist for the men's football, hockey, and ruby team. She also participated in programming for Cardiac Rehab and Active Living for Aging Adults.
 - Aida is now focusing her passion with body mechanics and exercise at CBI to help individuals with chronic conditions to return to work, return to sport, return to regular activity, and/or with weight management.

OUTLINE

Reframing Physical Activity

Use it or Lose it

Investing in Movement

The Magic Pill

REFRAMING EXERCISE

Physical activity can be defined by **ANY** bodily movement produced by skeletal muscles that results in energy expenditure

Let's also call it :

- Joyful movement
- Play
- Sport
- Health program
- Lifestyle management

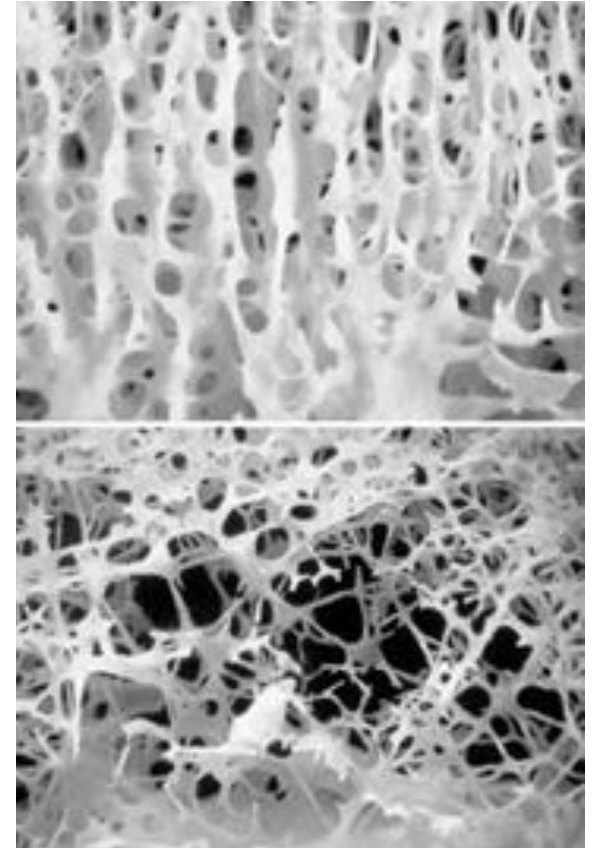
USE IT OR LOSE IT

- Anatomy of our Body
 - Bones
 - Tendons
 - Cartilage
 - Muscle



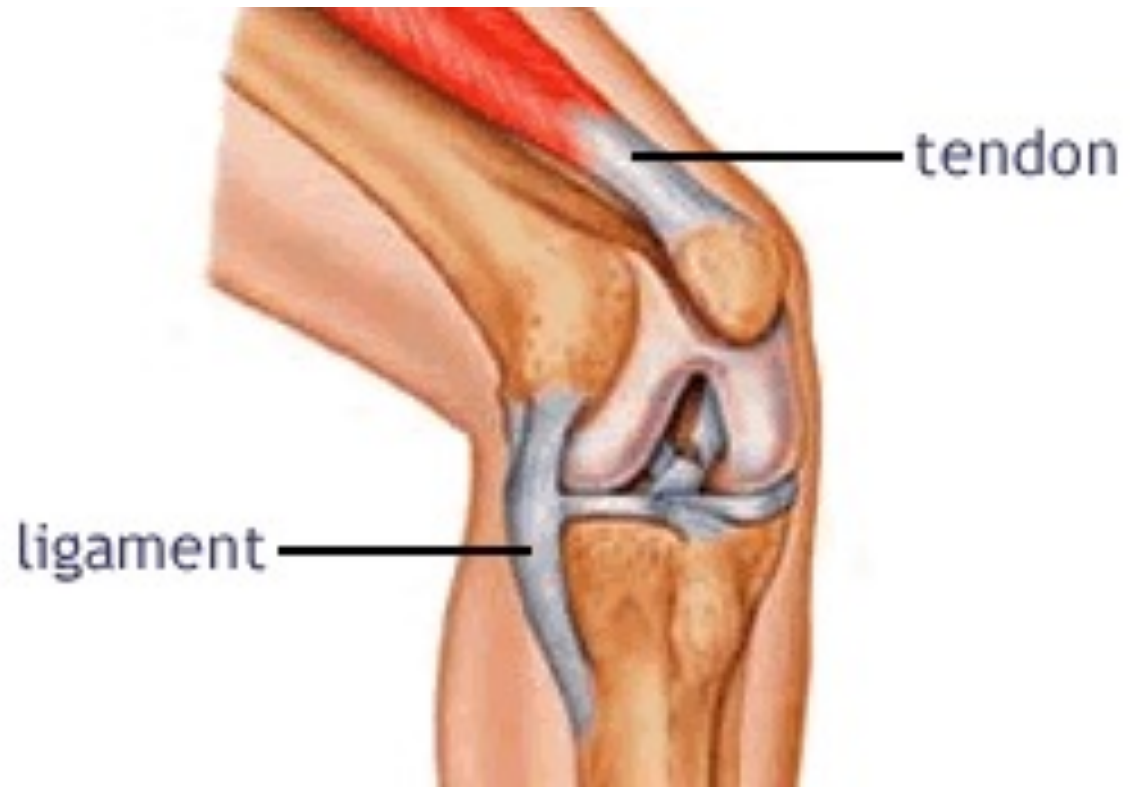
BONES

- Alive?
- Responsive to Exercise
- Impact/resistance needed



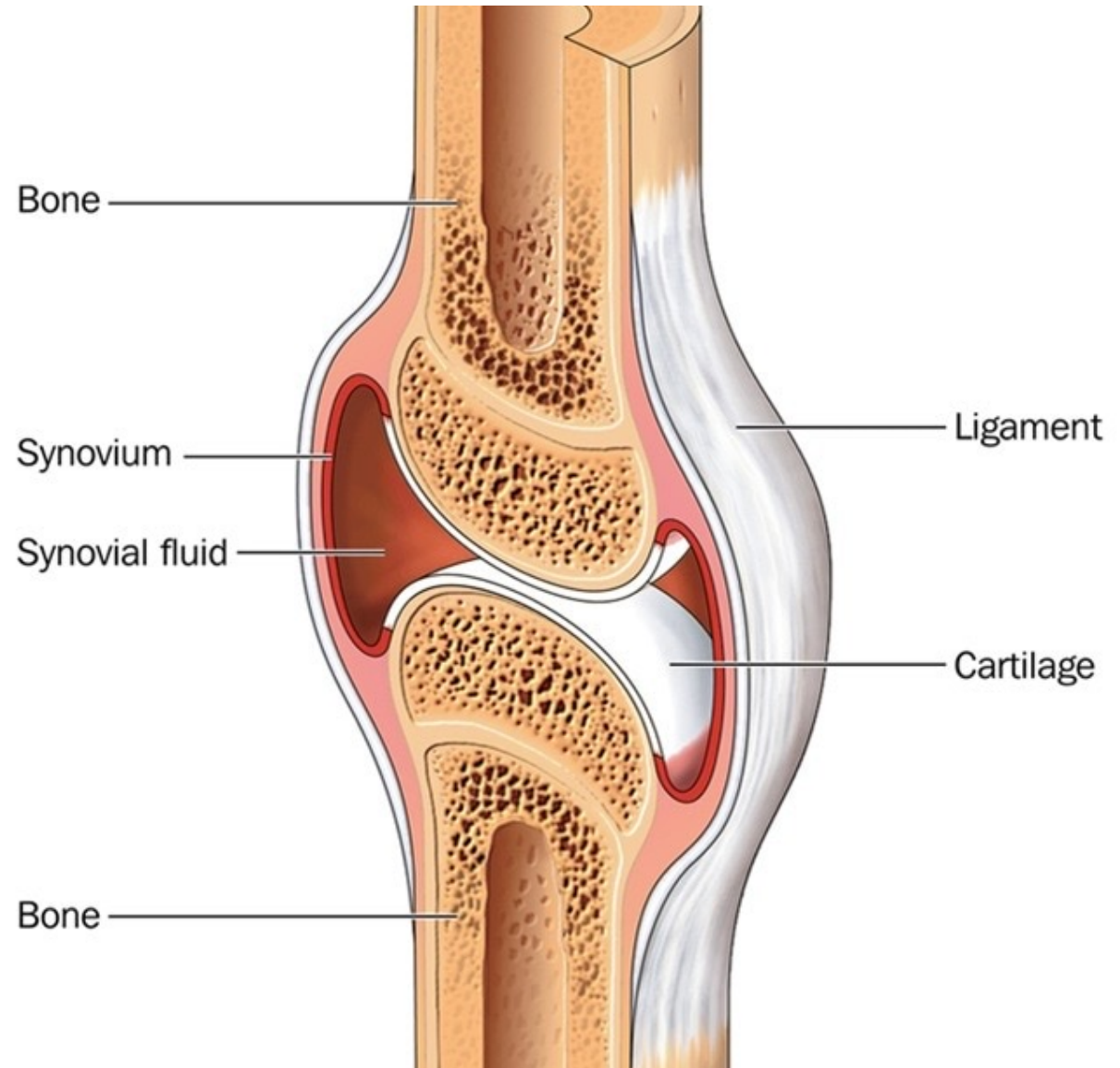
TENDONS

- Attach muscle to bone
- transmit force to produce movement
- "old man strength"



CARTILAGE

- Covers the ends of bones and cushions the joint surface
- Allows for fluid movement and protects the joint against weight bearing stresses
- Atrophy



INVESTING IN MOVEMENT

Components of exercise

- Strength - amount of force a muscle can produce
- Endurance - ability for the muscles to perform continuously without fatigue
- Cardiovascular fitness - ability of the heart and the lungs to work together
- Flexibility - ability for a joint to move through range of motion
- ~~Body composition~~ Mental health

THE MAGIC PILL

(IT IS EXERCISE)

- Prevent chronic diseases
- Increase life span
- Increase quality of life
- Improves brain function

Side effects may include:

- Increase sleep and relaxation
- Increase digestions
- Natrual pain killer
- Improved body function

BENEFITS OF EXERCISE



Combats health conditions and diseases



Improves mood/energy



Promotes better sleep



Maintain weight

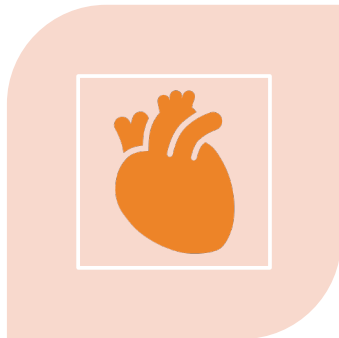


Promotes Lifespan

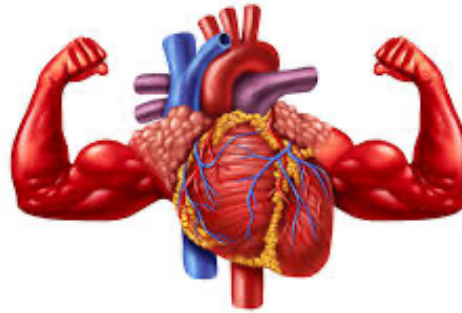


Stress Management

LIFE SPAN AND COMBATS OF HEALTH CONDITIONS



ACTIVITY BOOSTS "GOOD"
CHOLESTEROL



INCREASES EFFICIENCY OF YOUR
HEART PUMPING BLOOD THROUGH
THE CIRCULATORY SYSTEM



LOWERING HEART RATE AND
BLOOD PRESSURE

ENERGY AND MOOD

- Increase in energy levels
- Release of "happy hormones"
- Serotonin



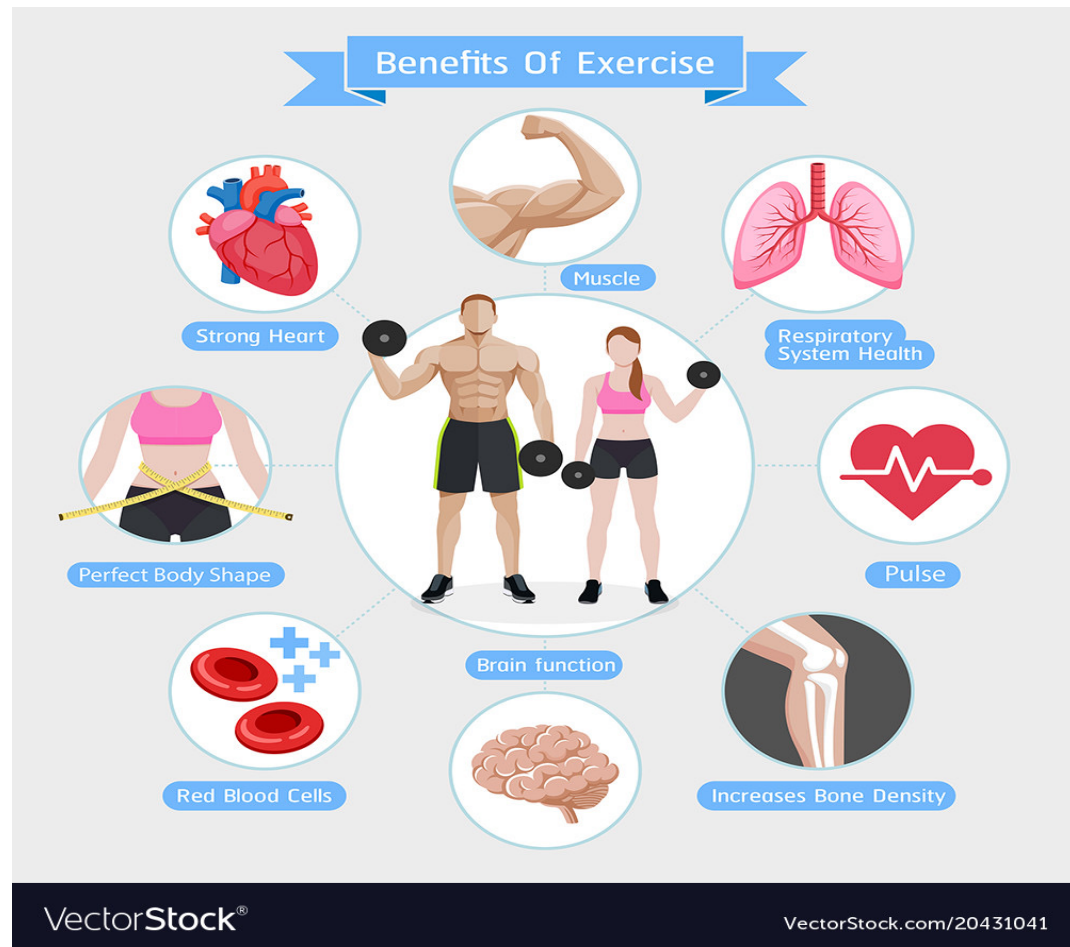
SLEEP

- Fall sleep easier, for longer, and stay in a deeper sleep
- Not too close to bedtime



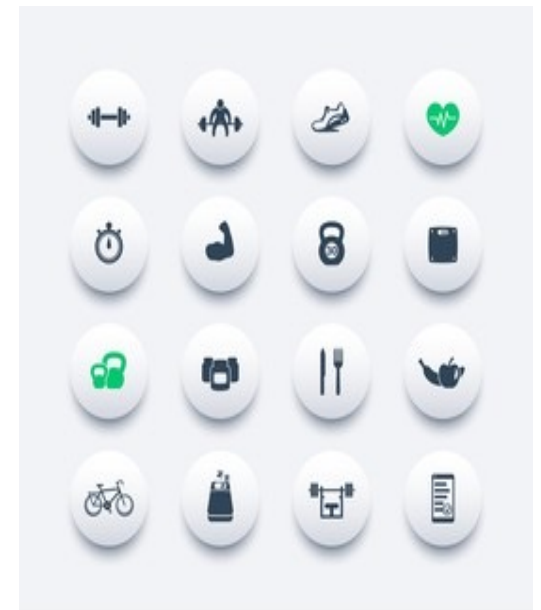
IN CONCLUSION

- Use it or Lose it
- How are you going to invest in movement
- Take the exercise pill



RESOURCES

- **Daily Yoga** : featuring hundreds of yoga classes designed for each level.
- **My Training Workout Tracker Log** : Hundred of training videos, a routine log, and calendar for scheduling. Also, an exercise database where you can find a whole bunch of effective activities
- **FitOn**: combination of high intensity training, strength, toning, yoga, Pilates, and cardio classes.
- **Daily Workouts fitness training** : choose area physique you would like to target, and the app offers simple effective 5 - 10 minutes workouts



QUESTIONS?



SOURCES

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