

November 2017-Daily Exercise

What can we gain from daily exercise? Researchers have studied the effects of exercise on longevity, but the exact number of years gained from exercise varies among studies. Overall, results confirm that regularly engaging in at least a moderate level of physical activity can help you age well and feel better in later years. Some of the benefits of exercising for 60 minutes 3-4x a week include:

- Decreasing the risk of death and disability from heart disease
- Decreasing the risk of high blood pressure and/or high cholesterol
- Decreasing the risk of premature death
- Decreasing the risk of type 2 diabetes
- Decreasing your risk of colon and breast cancer
- You can have healthier muscles, bones and joints
- You will have a more effective sleep pattern and improved digestion
- Your mental skills will stay sharper, later in life
- You will have improved balance and less risk of falling, later in life
- Most importantly, you will feel a sense of accomplishment when you meet the goals that you have set for yourself. My school web page will address this issue in more detail later this month.

I am always available for any questions/concerns that you may have about your student's health. If you have a specific topic you are interested in, send me an email at lori.brown@k12.sd.us and I will address it on my web page.