

Exercise is the silver bullet for better health and a better quality life.

Exercise improves and maintains physical fitness, as well as helping to prevent diseases such as high blood pressure, heart disease, and diabetes. However, exercise is also great for your mood – it releases ‘feel good’ chemicals in your brain.

Why exercise?

Daily exercise helps you to maintain or improve your health

Heart disease

Regular activity strengthens your heart muscle; lowers blood pressure; increases ‘good’ cholesterol (high-density lipoproteins or HDLs) and lowers ‘bad’ cholesterol (low-density lipoproteins or LDLs); enhances blood flow; and helps your heart function more efficiently. All of these benefits reduce the risk of [stroke](#), heart disease, and [high blood pressure](#).

Being active also reduces your risk of having and dying from a stroke.

Type II diabetes

[Type II diabetes](#) is sometimes called the ‘lifestyle’ disease. This disease is increasing at alarming rates. Physical activity can enhance weight loss and help prevent and/or control this condition. Losing weight can increase insulin sensitivity, improve blood sugar and cholesterol levels, and reduce blood pressure – all of which are very important to the health of people with diabetes.

A brisk walk for one hour daily could reduce the risk of type II diabetes by 34%.

Obesity

Overweight and obese conditions can be prevented or treated with exercise along with a healthy diet. Activity helps to reduce body fat and increase muscle mass, thus improving your body's ability to burn kilojoules. The combination of reduced kilojoules and daily exercise is the ticket to weight loss. And controlling obesity is critical, as it is a major risk factor for many diseases. Lowering your body mass index (BMI) is a sure way to reduce your risk of dying early and to live a healthier life.

We recommend exercises for 60 minutes per day. This includes physical activity such as working in the garden, walking, heavy housework, etc. We further recommend that at least 30 minutes include gym work.

What is?

Stroke

A stroke occurs when the blood circulation to the brain is cut due to an artery that is blocked or bursts.

When brain cells do not get oxygen (supplied by the blood), they die.

High blood pressure

‘Blood pressure’ is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways, causing coronary heart disease, heart failure, stroke, kidney failure.

Type II diabetes

A disorder that is characterized by high blood glucose in the context of insulin resistance and relative insulin deficiency.

It causes blood glucose levels to be above normal. People with diabetes have problems converting food to energy. After food is eaten, it is broken down into a sugar called glucose. Glucose is then carried by the blood to cells throughout the body. The hormone insulin, made in the pancreas, helps the body change blood glucose into energy. People with diabetes, however, either no longer make insulin, or their insulin doesn't work properly, or both.

Back Pain

Back pain can be managed or prevented with a fitness program that includes muscle strengthening and flexibility. Having good posture and a strong abdomen is the body's best defence against back pain.

Psychological Benefits

Improved self-esteem is one of the top benefits of regular physical activity. While exercising, your body releases chemicals called **endorphins** that can improve your mood and the way you feel about yourself. The feeling that follows a run or workout is often described as 'euphoric' and is accompanied by an energizing outlook. Exercise can help you cope with stress and ward off depression and anxiety.

Just ten minutes of moderate exercise is enough to improve your mood, your vigour and also decrease fatigue.

Endorphins

Also known as the body's natural feel good chemicals.

Endorphins are natural pain killing substances found in the human brain. The name comes from endogenous (meaning within) and morphine (morphine being a pain killer). Endorphins are one of the neurotransmitters in the brain.

Endorphins control emotions as well.

Signs and Symptoms

Stroke

Do the FAST test:







Face – Check their face. Has their mouth drooped?

Arms – Can they lift both arms?

Speech – Is their speech slurred? Do they understand you?

Time – Time is critical. If you see any of these signs, call 000 straight away.

Diabetes II symptoms

-  Early symptoms may be nothing more than chronic fatigue, generalised weakness and malaise (feeling of unease)
-  Excessive urine production
-  Excessive thirst and increased fluid intake
-  Blurred vision (typically from lens shape alterations, due to osmotic effects, e.g., high blood glucose levels)
-  Unexplained weight loss
-  Lethargy

Word of the month

Euphoria is a feeling of intense pleasure, often described as a 'high'. Most drugs of abuse have an element of euphoria, and most addictive behaviours produce feelings of euphoria in those who are addicted. Euphoria is a key element of the addictive process, as people crave the pleasurable feelings of the drug or behaviour and seek to repeat the experience of euphoria.

Join our exercise and weight loss program and reap the benefits!
