

Exercise Physiology

Exercise

Being physically active is a key to living a longer, healthier and happier life.

It can help relieve stress and provide an overall feeling of well-being.

Exercise Physiology

Exercise physiology is the study of how the body adapts to physical activity.

An exercise physiologist creates an exercise plan that helps enhance your overall health.

Benefits of Exercise

Exercise can help you:

- maintain a healthy weight
- increase your energy
- sleep better
- manage stress
- build muscle strength
- control your blood glucose
- increase your HDL (“good”) cholesterol.

Exercise can help lower your:

- risk of heart disease
- blood pressure
- blood glucose

- risk of osteoporosis (weak, brittle bones)
- risk of diabetes
- risk of arthritis
- risk of certain cancers, such as colon and breast
- anxiety and depression.

How an Exercise Physiologist Can Help

An exercise physiologist will meet with you. He or she will:

- check your fitness level
- assess your heart’s endurance
- measure your body fat
- assess your strength
- assess your flexibility
- look at your posture
- teach you exercises
- check your cholesterol
- check your blood pressure
- give you education.

For More Information

For more information, talk with your health care provider.