



# "No Sweat" Fitness Newsletter

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## Stroke & exercise

If you need a reason to get your husband, brother, or father to exercise, read them this. A new study found that moderate to high-intensity exercise lowered the risk of stroke by a whopping 63%! This was a 9 year study that involved 3,298 men and women with an average age of 69 years.

Other studies have found that even light-intensity exercise had lowered the chance of stroke, but this may not be the case. Fast walking, dancing, bicycling, swimming and aerobics are all

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## Exercise hinders belly fat



Visceral fat, a.k.a. belly fat, is the most dangerous type of fat because it surrounds your vital organs and is linked to diabetes and heart disease-it also is the stuff that creates that dreaded "muffin top" over your jeans. This can be the hardest fat to lose, but a new study published in the journal *Obesity* found that regular exercise can keep visceral fat at bay.

97 women were randomly assigned to 3 groups: aerobic training, weight training, or no exercise. They were also placed on a very low calorie diet of 800 calories. Not surprisingly, given the low calorie intake, they lose an average of 24 lbs. Those in the 2 exercise groups were then asked to continue with the exercise program for 40 minutes two times per week for a year. Not all of them did, but of those who continued exercising, "What we found was that those who continued exercising, despite modest weight regains, regained 0% visceral fat," states lead study author, Gary Hunter, PhD.

Those who did not exercise regained about 33% visceral fat. This is good news for those of us who don't have a lot of time to exercise; just 80 minutes per week of weight training or aerobic exercise can have real health benefits.

## You are getting sleepy...

Do you frequently see 2am, 2:30am, and 3am pass by the clock on your bedside table? You are not alone. According to



great ways to reduce your stroke risk which is important because stroke is the leading cause of disability and the third leading cause of death. Unfortunately for women though, exercise was not found to protect them from stroke.

the National Sleep Foundation, 65% of Americans experience sleep problems at least a few times each week. Inadequate sleep can have such negative consequences as weight gain, high blood pressure, and an increased risk of diabetes. Aim for 7-8 hours for yourself and 8 ½ -9 ¼ for teens.

Here are a few suggestions to help you nod off:

- \*Avoid caffeine 4-6 hrs before bedtime.
- \*Limit exposure to light; try masks, blackout curtains or earplugs.
- \*Keep your sleep & wake time consistent.
- \*If you awaken and can't get back to sleep in 20 minutes, get up. Listen to music or do a quiet restful activity with dim lights.

You can get too much of a good thing though, sleeping more than 9 hours is also associated with poor health.

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