CONTACT
www.exerciseismedicine.org
eim@acsm.org
317-637-9200
American College of Sports Medicine
P.O. Box 1440
Indianapolis, IN 46206-1440

Why is Exercise Medicine?

EXERCISE IS MEDICINE Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including obesity, heart disease, diabetes, hypertension, cancer, depression and anxiety, arthritis, and osteoporosis. In addition to improving a patient's overall health, increasing physical activity has proven effective in the treatment and prevention of chronic diseases.

Regular physical activity at the correct intensity:

- Reduces the risk of heart disease by 40%
- Lowers the risk of stroke by 27%
- Reduces the incidence of high blood pressure, by almost 50%
- Reduces the incidence of diabetes by almost 50%

Just 30 minutes of physical activity per day can:

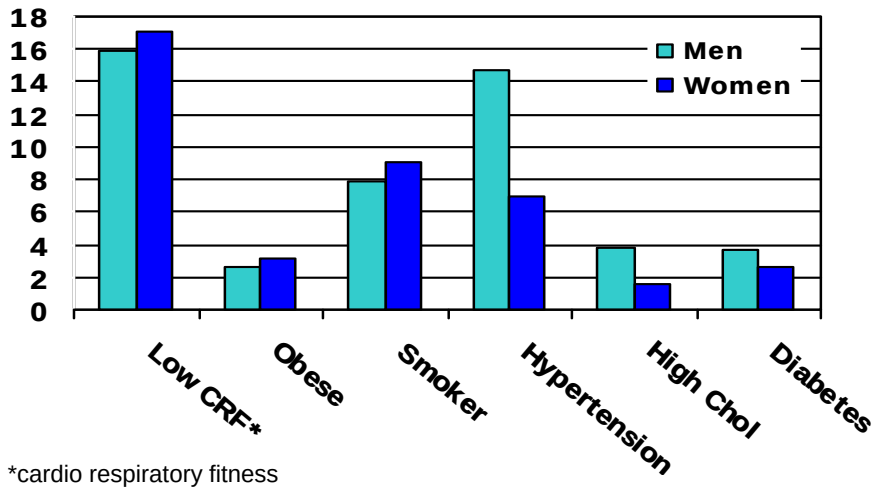
- Reduce mortality and the risk of recurrent breast cancer by almost 50%
- Lower the risk of colon cancer by more than 60%
- Reduce the risk of developing of Alzheimer's disease by one-third
- Decrease depression as effectively as Prozac or behavioral therapy

PHYSICAL INACTIVITY LEADS TO HIGHER RISK OF DEATH

Physical inactivity has a greater effect on the rate of mortality than other major factors, such as smoking, hypertension, diabetes and high cholesterol.

Effect of Fitness (CRF*) on Mortality Attributable Fractions (%) for All-Cause Deaths

40,842 Men & 12,943 Women, ACLS



*cardio respiratory fitness

Blair SN. Physical inactivity: the biggest public health problem of the 21st century. Br J Sports Med 2009; 43:1-2.

Support for the Exercise is Medicine™ Global Initiative is Provided By:

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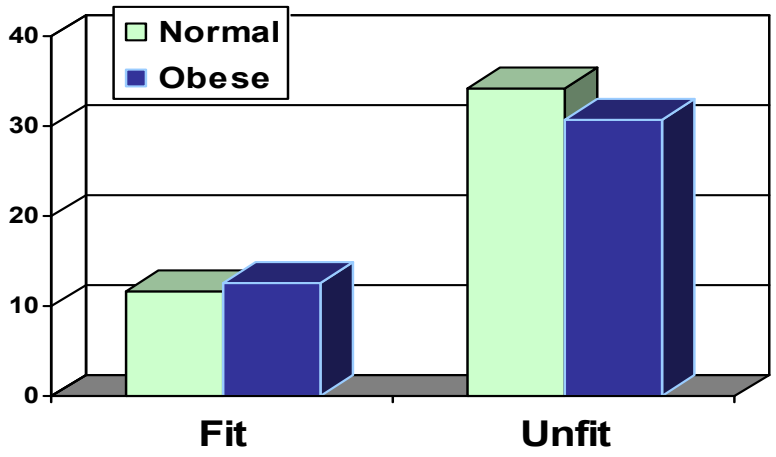
FIT VS. FAT — LEVEL OF FITNESS HAS GREATER EFFECT ON MORTALITY THAN BODY FAT

A low level of fitness is a bigger risk factor for mortality than mild-moderate obesity. It is better to be fit and overweight than unfit with a lower percentage of body fat.

Joint Associations of CRF* and % Body Fat with All-Cause Mortality, Adults 60+

Death rate/1000 person—years



Deaths	**151**	**190**	**29**	**72**

Rates adjusted for age, sex and exam year

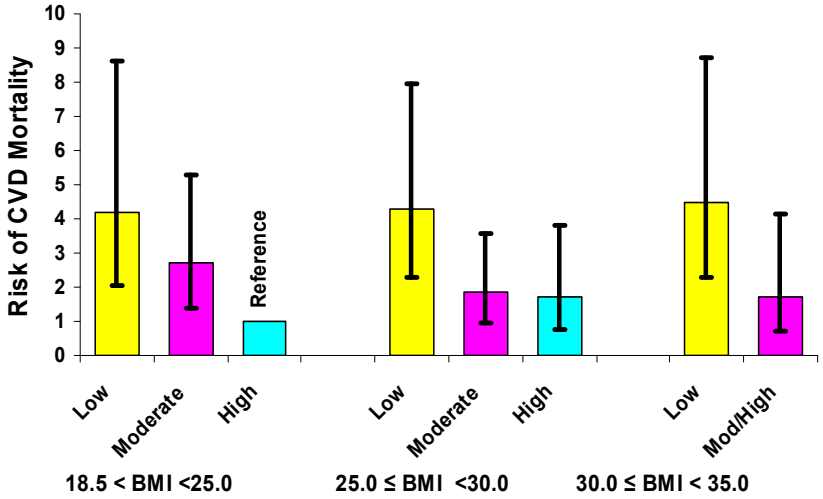
*cardio respiratory fitness

Sui M et al. JAMA. Dec 2007

PHYSICAL ACTIVITY DECREASES RISK FOR DIABETES PATIENTS WITH CARDIO VASCULAR DISEASE

Fitness levels have a substantial impact on the risk for cardio vascular disease mortality. Those with a moderate or high level of fitness are much less likely to die of cardio vascular disease than those who are less active.

CVD* Mortality Risk by Fitness and BMI Categories, 2316 Men with Diabetes, 179 CVD Deaths



Rates adjusted for age, sex and exam year

*cardio vascular disease

Church TS et al. Arch Int Med 2005; 165:2114