

Your Body on Exercise: Preventive Magic?



Epigenetics:

Exercise, even in small doses, directly affects which genes are expressed, causing fat cells to function differently.



Physical activity is good medicine—fitness professionals have known this for a long time, and now consumers are taking the message to heart. As researchers take more interest in how exercise affects the human body, studies are revealing even more ways movement makes a person stronger and healthier.



Engaging in daily physical activity may be almost as effective as a flu vaccine for lowering the odds of succumbing to an acute respiratory infection. Researchers saw a "40%–50% reduction in respiratory infections among [regular exercisers compared with control-group subjects]."

Long-term exercise protects the inner lining of blood vessels from age-related changes.



Exercise boosts the brain and can reduce hippocampal volume loss, increase memory function and improve overall brain health.



The *Sleep in America*® poll

found that more than **75%** of exercisers reported good or fairly good sleep in the weeks leading up to the poll, and the majority of vigorous exercisers rarely experienced insomnia.

According to a study in *Investigative Ophthalmology & Visual Science*, people who exercised moderately in the 15 years prior to the study were 25% less likely to have low ocular perfusion pressure—a risk factor for glaucoma—than those who were inactive.

