Your Body on Exercise: Preventive

Magic?

Physical activity is

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.

qood medicine—fitness

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.



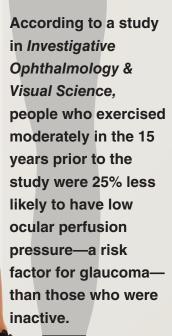
overall brain health.

Exercise boosts the

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.





Epigenetics:

Exercise, even in small doses, directly affects

which genes are

expressed, causing fat cells to function