



MISSION BAY DOCTORS – WHY EXERCISE

Why exercise? Check it out!

Benefits of Exercise	
EXERCISE AS MEDICINE	
Condition	Reduction in a person's chance of developing the condition by doing the recommended amount of exercise
All cause mortality	30%
Heart disease	20-50%
Hypertension	52%
Stroke	20-40%
Type 2 diabetes	30-50%
Obesity	10%
Cancer	Uncertain
Breast cancer	20-30%
Bowel cancer	30-50%
Depression	20-33%
Dementia	20-50%
Low back pain	40%
Osteoarthritis	22-83%
Falls in the elderly	30-50%
Major fracture	35-65%

[according to the Council for Medical Colleges review of evidence]