



## MEMBERS UPDATE

6<sup>TH</sup> AUGUST 2020

### **DID YOU KNOW?**

We need a strong Immune system to fight the virus and regular exercise plays a major role in achieving this. Exercising for just 30 minutes three or more times each week goes a long way to helping us cope with Covid 19 plus the inevitable flu bugs when they come around each winter.

Losing excess weight is essential to lower the risk of Type 2 diabetes. Excess weight and especially visceral fat (belly fat) collects around the Liver and restricts the ability of the hormone Insulin to extract sugar from the blood. The good news is that recent studies indicate that losing 15kgs of excess weight is probably all it takes to restore normal Insulin function which means that for many Type 2 Diabetes sufferers they will no longer be at risk!

Regular exercise boosts brain function as well as our muscles! Many studies have shown how exercise plays an important role in our mental health by releasing 'positive' hormones such as serotonin. Now we discover that daily physical exercise is critical for school aged children too. Studies published in the Journal of Clinical Medicine show that children's 'executive function' is improved by regular exercise and can help them to achieve higher grades at school! These findings challenge the stereotype that smart children are not athletic.

Regular exercise will not only improve joint mobility but can help to combat arthritic pain!

By boosting aerobic fitness via regular exercise you reduce the risk of heart attack, stroke, thrombosis and hypertension (high blood pressure) by some two thirds!

Let's get along to Gymophobics and reap the benefits.

Until the next time

**GYMOPHOBICS ACADEMY**