

Physical Activity & Health Conditions

Moderate physical activity can improve a number of health outcomes, risk factors and diseases.

This table shows the effect of physical activity on prevention of the condition, reduction of symptoms, and long-term outlook. In most cases, vigorous physical activity can produce greater benefits. There has not been enough research in some areas to comment on some of the effects (these have been left blank).

KEY:

Evidence suggests a

✓ small effect;

✓✓ moderate effect;

✓✓✓ large effect

A = moderate activity

E = energy expenditure important

S = strength exercises

W = weight-bearing activity

This table comments on the strength of effect of physical activity in published studies, not on the strength of evidence. © 2002

*Stroke – moderate activity is important in prevention; strength exercise is important in the rehabilitation post-CVA.

Medical Conditions	Reduces Risk of Condition	Reduces Symptoms	Long-Term Outlook	Activity Type
Alzheimer's	✓			A
Anxiety	✓✓	✓✓	✓✓✓	A
Asthma	✓	✓✓		A
CHD	✓✓✓	✓✓✓	✓✓	A, E
CORD	✓	✓✓	✓	A
CVA (Stroke)	✓	✓✓	✓✓	S, A*
Cancer:				
Breast	✓✓	✓	✓✓	A
Colon	✓✓✓	✓✓	✓✓	A
Lung	✓			A
Prostate	✓	✓	✓✓	A
Depression	✓✓	✓✓	✓✓	A
Diabetes (type 2)	✓✓✓	✓✓✓	✓✓✓	A, E
Hypertension	✓✓		✓✓✓	A, E
Longevity		✓✓✓	✓✓✓	A
Obesity	✓✓	✓✓	✓✓✓	E, A
Osteoarthritis		✓	✓	S, A
Osteoporosis	✓✓			S (W), A
Peripheral vascular disease		✓		A
Pregnancy		✓	✓✓	A
Smoking	✓	✓✓	✓✓	A
Stress	✓✓	✓✓	✓✓	A
Ulcer, Duodenal	✓✓			A

For background research related to this chart go to: www.sparc.org.nz

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