

LECTURE #11 NOTES

OBJECTIVES

- Understand average physical activity of typical males and females
- Understand differences between exercise and physical activity
- Why was the Surgeon General's Report on physical activity (1996) so important?
- Answer the question: "How safe is exercise?"
- Explain why is PA so important from a public health standpoint
- Explain the public cost of physical inactivity
- Describe research that shows that regular physical activity protects against disease and may even extend life.
- List major risk factors for coronary heart disease, and describe how regular exercise affects each.
- Explain how regular physical activity reduces the risk of coronary heart disease.

PHYSICAL ACTIVITY EPIDEMIOLOGY

SURGEON GENERAL'S REPORT ON PHYSICAL ACTIVITY AND HEALTH

PHYSICAL ACTIVITY AND PUBLIC HEALTH

SAFETY OF EXERCISING

AGING AND BODILY FUNCTION

PUBLIC COST OF INACTIVITY

REGULAR EXERCISE: A FOUNTAIN OF YOUTH?

DISEASE AND PHYSICAL ACTIVITY

CORONARY HEART DISEASE (CHD)

RISK FACTORS FOR CHD

PHYSICAL ACTIVITY AND CHD

TYPE 2 DIABETES

METABOLIC SYNDROME (X)

PA AND OTHER MAJOR DISEASE

EXERCISE IS GOOD MEDICINE