

# Why Move?

The Power of Vitamin M

# Vitamin M Research Project



# #1 Exercise Control Weight

- ▶ Is exercise the solution to weight gain and physical inactivity?



- ▶ No more so than Vitamins are the cure for poor eating



# An Active Life trumps Exercise

- ▶ Consider the Amish, they shun labour saving devices and cars
- ▶ When matched with genetically similar profiles for weight gain they were 15 pounds lighter.



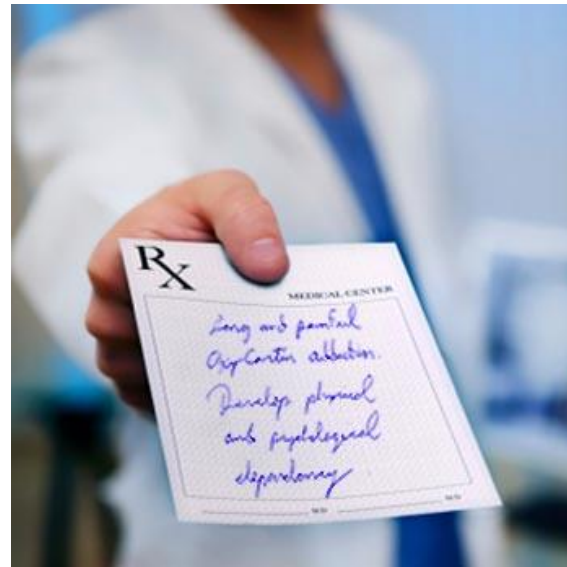
(CC) KYLE KESSEIRING/Flickr

## #2 Exercise combats health conditions and diseases

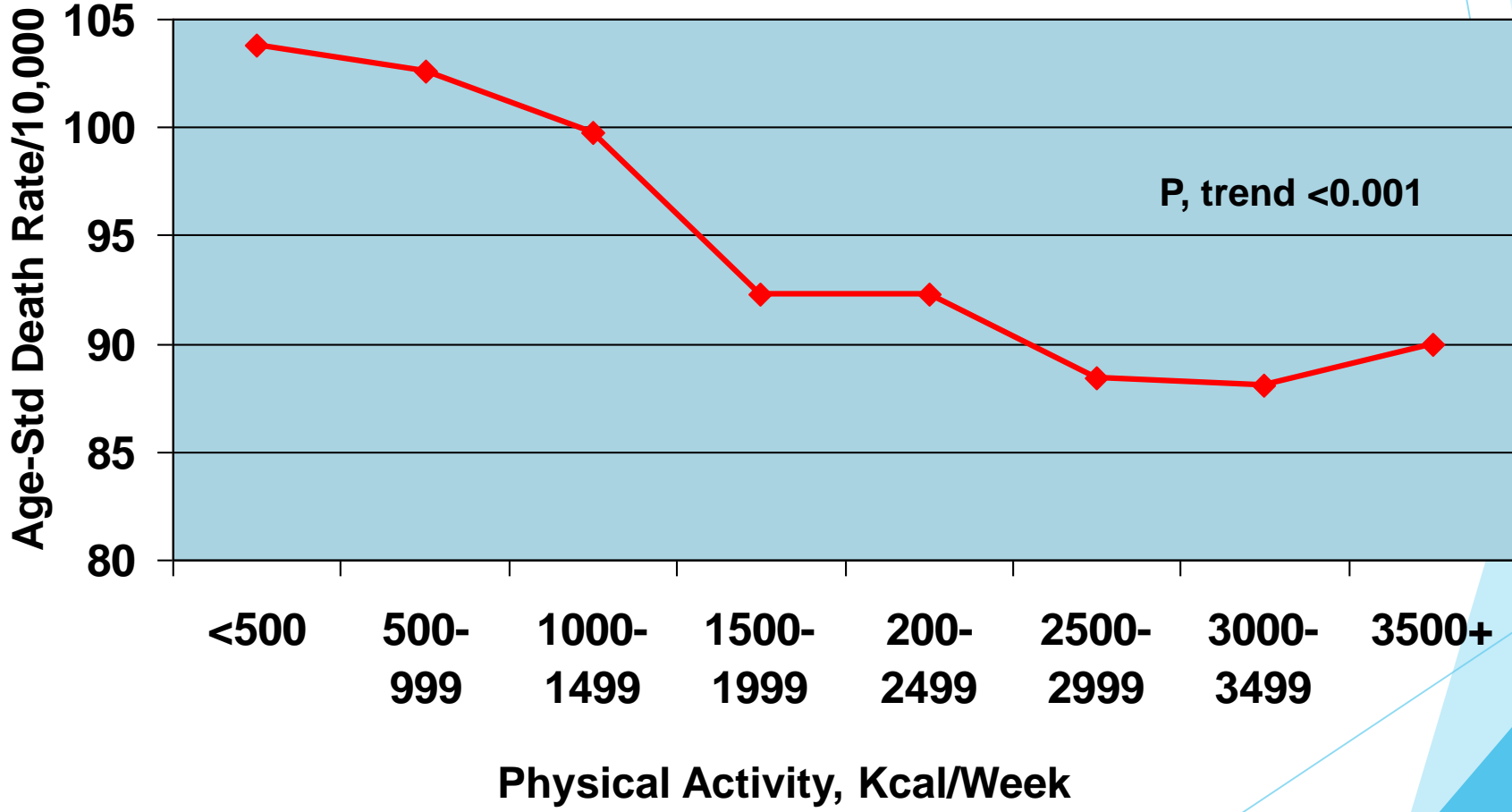
- ▶ “All parts of the body which have a function, if used in moderation and exercised in labours in which each is accustomed, become thereby healthy, well-developed, and age more slowly, but if unused and left idle, they become liable to disease, defective in growth and age quickly. “ .....Hippocrates

## Dose Response

- ▶ Just like some medications, exercise/physical activity has a dose response. The frequency, intensity, volume and type of activity will determine the impact on chronic diseases.



# Harvard Alumni Health Study



Lee et al, JAMA 1995;273:1179-1184

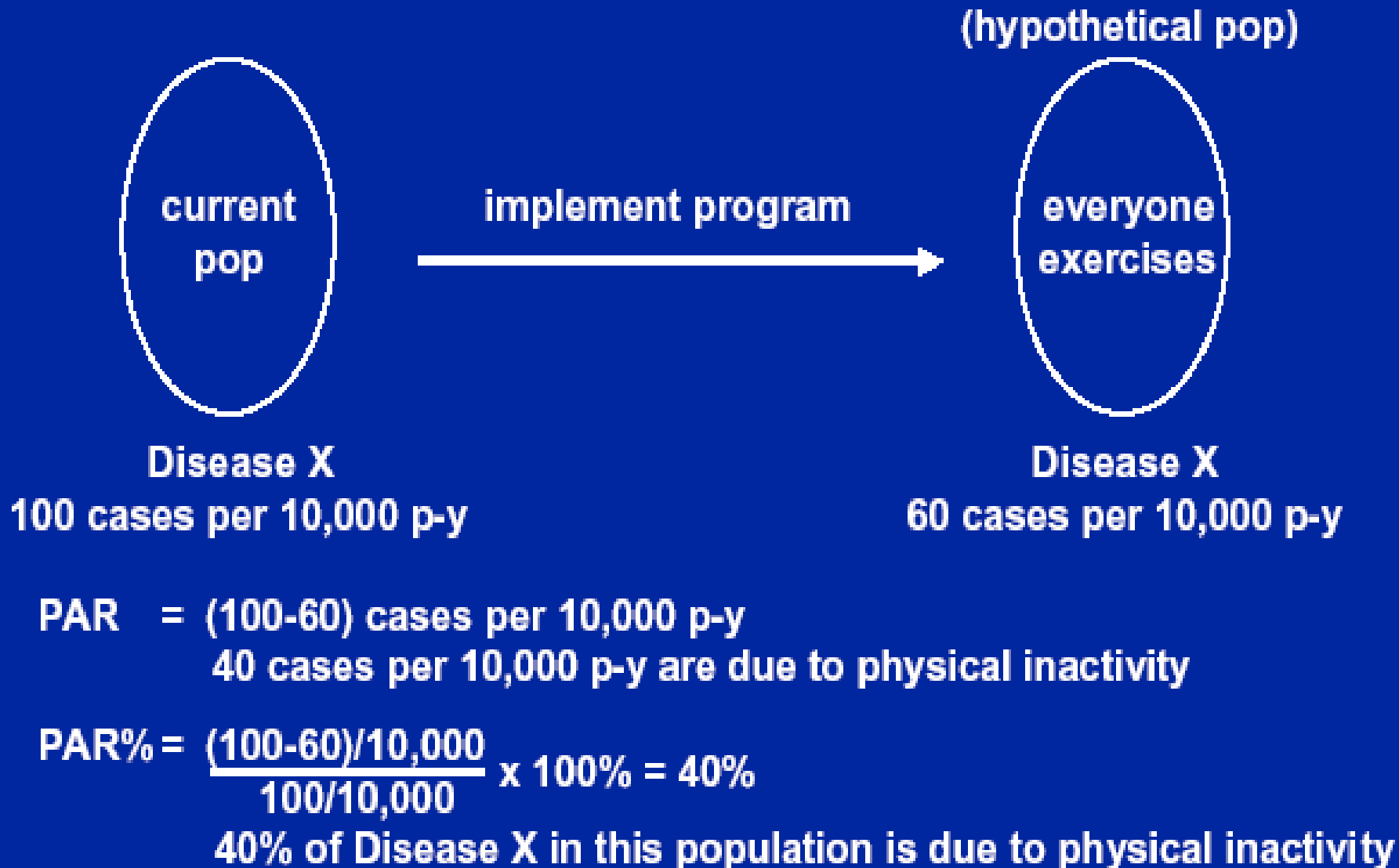


# Population Contributable Risk (PAR)

- ▶ How much does the behavior of a population account for health outcomes in that population?
- ▶ Also known as the Population Attributable Fraction (PAF)



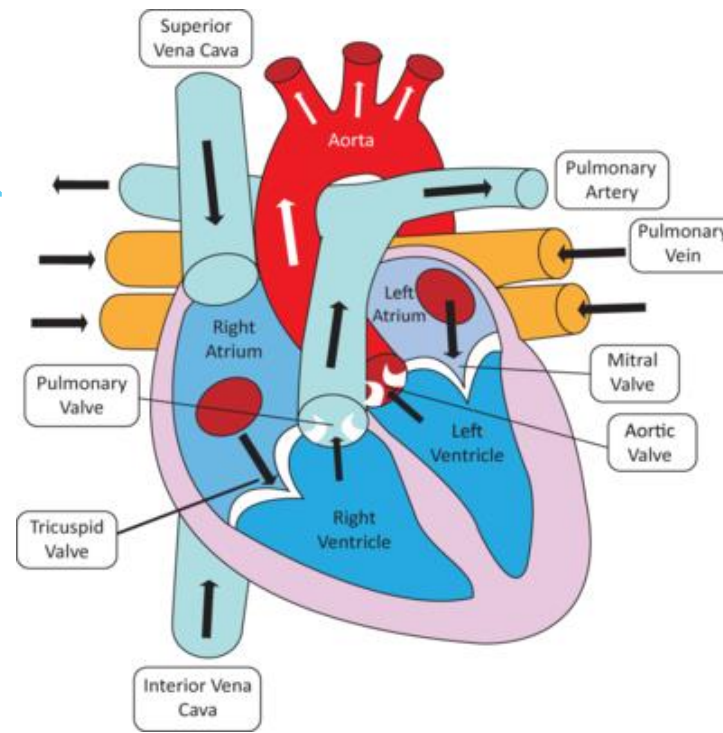
# PAR - How to calculate it?



## Consider these diseases

- ▶ Heart disease
- ▶ Cancer
- ▶ Diabetes
- ▶ Kidney Disease

# Heart Disease in Canada



- ▶ 33,600 Canadians die from heart disease each year!

# PAR for Heart Disease

- ▶ Research indicates that the PAR of Physical Inactivity for Heart Disease is

**33%**

# Add some Vitamin M to Heart Disease

- ▶ If everyone walked
- ▶ **2 hours/week**
- ▶ **11,088 people** would be saved
- ▶ PAR=33%

# Colon Cancer in Canada



- ▶ >9,000 Canadians die from Colon Cancer each year

# PAR for Colon Cancer

- ▶ Research indicates that the PAR of Physical Inactivity for Colon Cancer is

**30%**



# Add some Vitamin M to Colon Cancer

- ▶ If everyone exercised
- ▶ **2 hours/week**
- ▶ **2,700 people** would be saved
- ▶ PAR=30%

# Diabetes in Canada



- ▶ Directly causes over

- ▶ **5,000 deaths annually**

- ▶ Contributes to over

- ▶ **25,000 deaths annually**

# PAR for Diabetes

- ▶ Research indicates that the PAR of Physical Inactivity for Diabetes is

**30%**

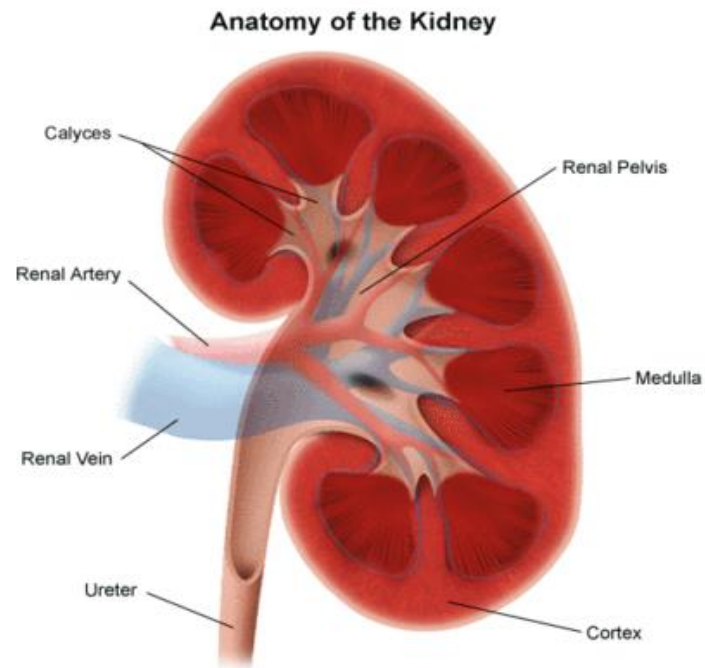
# Add some Vitamin M to Diabetes

- ▶ Although we do not have solid research at this time it is estimated that if

everyone exercised **2 hours per week**

- ▶ **9,000 people** would be saved

# Kidney Disease in Canada



- ▶ Over 36,000 Canadians need medical attention to stay alive with kidney disease each year.

# PAR for Kidney Disease

- ▶ Research indicates that the PAR of Physical Inactivity for Kidney Disease is

**30%**

# Kidney Disease in Canada

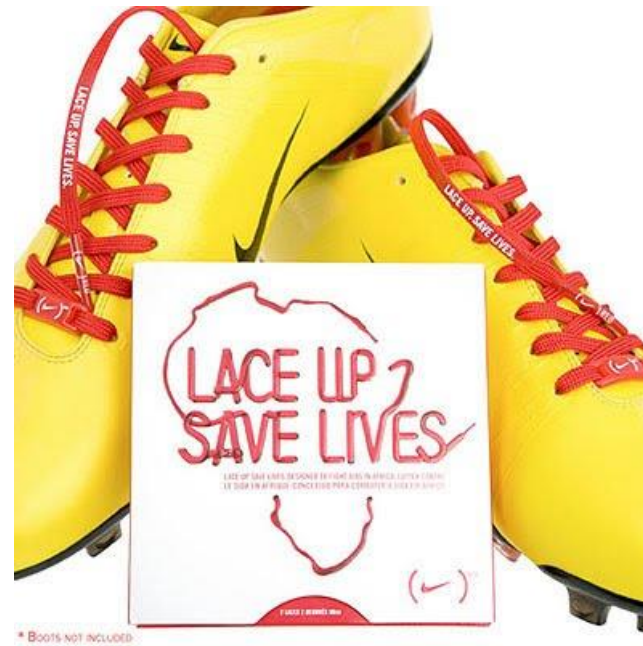
- ▶ Although solid research is still required, it is estimated that if everyone

exercised **2 hours per week**

- ▶ **10, 000 people** would be free of dialysis

# Do the math...

## Vitamin M saves lives



- ▶ If everyone in Canada exercised 2 hours per week:
- ▶ **32,788 Canadians would be saved each year!!**



## #3 Exercise Improves Mood

- ▶ There is strong evidence that there is an immediate short term improvement in mood, perhaps starting within 5 minutes of starting to exercise.

# Longer Term Benefits



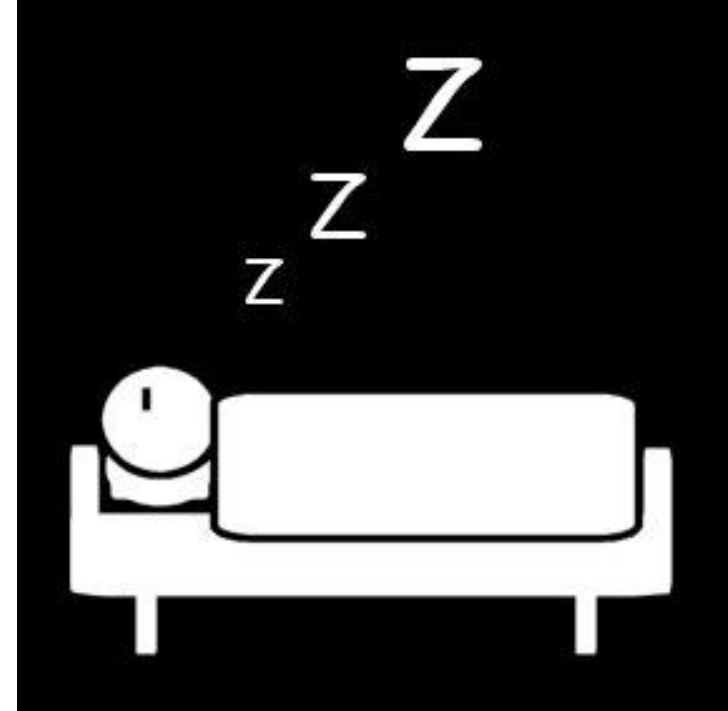
- ▶ There is also significant research that indicates long term use of exercise can have an impact on depression. One study found that patients still exercising a year after their initial treatment had lower depression scores than those who did not stay active.
- ▶ Exercise was found to be as effective as an antidepressant medication in a study in Psychosomatic Medicine.

## #4 Exercise Boosts Energy

- ▶ It may seem counterintuitive that burning energy can create energy but it is exactly what happens. Exercise increases your maximum ability so your “normal” activity is a lower percentage of your capacity.

## #5 Exercise Promotes Better Sleep

- ▶ An active day leads to better and deeper sleep. For some, there may need to be a buffer between the active part of the day and sleep time so they aren't too energized to sleep.



## #6 Exercise enhances Sex Life

**CENSORED**

- ▶ Research indicates physical activity improves the intimate physical activity for both men and women. Active women tend to have enhanced arousal and men have fewer problems with erectile dysfunction than their less active peers.

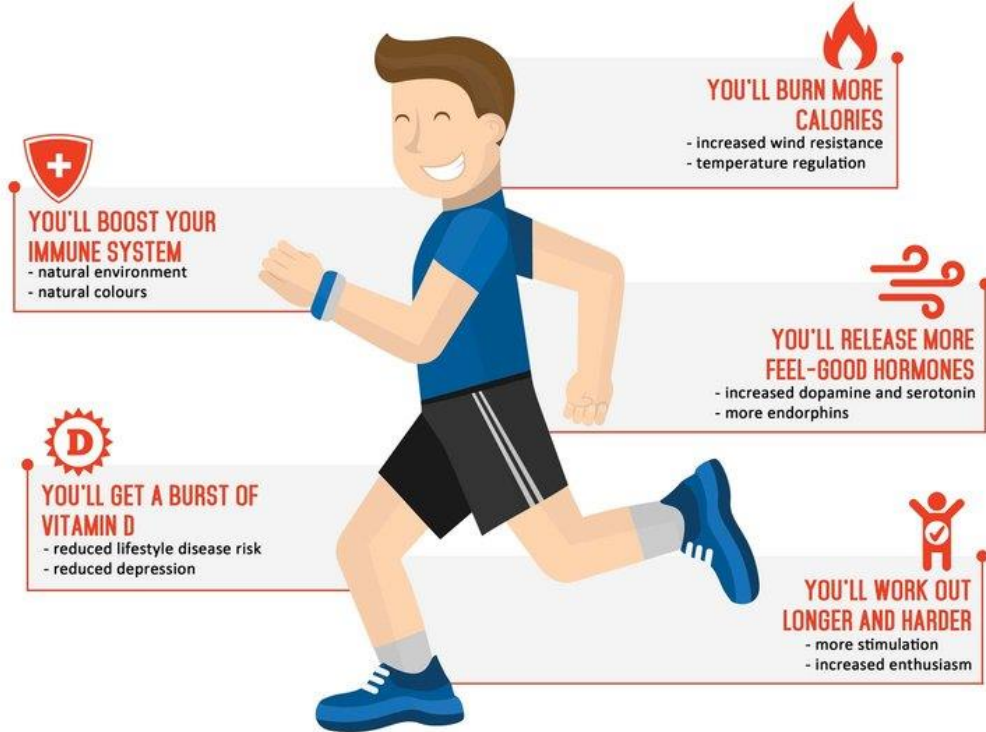
## #7 Exercise can enhance Social Interaction

- ▶ Exercise can help at both ends of the social spectrum. It can allow time for you to get away from the stresses of socialization for some alone time. It also can be an excellent conduit for interaction with friends and family.



# Take it Outside and get even greater gains...

## THE 5 AMAZING BENEFITS OF OUTDOOR EXERCISE



Check out the research: [bit.ly/PP-Outdoors](https://bit.ly/PP-Outdoors)

 PRIMAL PLAY