

## Cancer

Research confirms that exercise offers the following benefits to those undergoing treatment:

- Improve muscle strength, bone health, and range of motion
- Strengthen your immune system
- Help you get to and maintain a healthy weight
- Reduce treatment side effects
- Reduce fatigue
- Increase appetite
- Decrease depression and anxiety
- Improve quality of sleep

“Regular exercise has been shown to reduce side effects associated with cancer and cancer treatments. Also, it has been proven that exercise can decrease individuals' risk for breast and other cancers. Maintaining a healthy weight and regular exercise is essential for cancer prevention. LiveWell allows the patient an opportunity to work with an exercise professional in a supervised setting so they can get the most benefit from their activity.”

*Denise DeBoer, APRN-C  
HaysMed Breast Care Center*

## Heart or Vessel Disease

Regular exercise is a key component to managing heart disease. Engaging in a supervised program can help reduce symptoms like shortness of breath and fatigue that affect a person's daily life. Some additional benefits may include:

- Increased efficiency of heart and lungs
- Lower blood pressure and cholesterol
- Decreased number of hospital readmissions
- Increased mobility
- Improved sleep
- Improved energy
- Relieves stress

“The three most important requirements for heart health are exercise, heart healthy diet and medications. The most important requirement based on long term studies is EXERCISE! So, get going and let the Heart Beat On!”

*Mohammad Janif, MD  
HaysMed DeBakey Heart Institute*

## Diabetes

Diabetes is a disease process you have a great deal of control over. Your everyday decisions can make a huge impact on the outcome of severity of your diabetes. Benefits of exercise may include:

- Improved insulin sensitivity
- Help decrease and control weight
- Improved muscle strength
- Lower blood pressure
- Reduced risk of cardiac disease
- Increased energy level
- Relieves stress
- Improved sleep

## Obesity

Establishing a safe, tailored activity program may be one of the most important factors in maintaining weight loss. Benefits from regular exercise include:

- Increased energy level
- Boost metabolism
- Decreased risk of cardiac disease
- Lower blood pressure
- Enhanced immune system and strengthen bones
- Relieves stress
- Improved sleep

“Regular exercise reduces body fat and protects against chronic illnesses that are associated with obesity. It can reduce blood pressure, improve cholesterol levels, decrease blood sugars and improve joint pain related to weight and arthritis. Exercise will improve mood and increase energy levels when done routinely. The LIVE WELL team allows patients to start improving their health through exercise.”

*Heather Harris, DO  
HaysMed Family Medicine*

## Pain Management

Engaging in regular exercise offers many benefits for individuals experiencing chronic pain. These benefits include:

- Improved Pain Tolerance
- Increased Strength and Flexibility
- Reduced Inflammation
- Positive Psychological Effects
- Increased Energy Levels
- Improved Sleep

**“**Exercise may be the single most potent medical intervention ever known. Following the Stanford approach, we recognize that the body possesses an innate consciousness and a profound ability to repair itself when given the right environment.

I specifically chose to work here at Hays Pain because I have the single greatest tool for healing at my fingertips: our state-of-the-art fitness facility and multiple pools for aqua therapy—the gold standard of physical therapy. To treat clinically is to target the root cause rather than merely masking symptoms. Performing injections without the accompanying PT and activity is simply putting a band-aid on a wound and waiting for it to fall off.

To truly reverse the processes of arthritis and stenosis, we must clear inflammation, decrease tension on the joints and foramen, and utilize weight-bearing exercises to stimulate osteogenesis. The crux of pain management begins with exercise and mindset. Daily exercise is crucial in managing your pain and has been shown to not only positively influence your physical health, but your emotional health as well. True pain management is what patients do outside of the clinic, and the LiveWell program allows patients to create meaningful change within their lives.”

*Manoj Jagtiani, DO  
Pain Management*

## Fall Prevention

Physical activity is proven to reduce the risk of falls at any age and plays a key role in maintaining or regaining independence. Benefits of exercise may include:

- Muscle Strength
- Bone Health
- Balance
- Coordination
- Reaction time
- Endurance
- Confidence
- Joint movement

## General Conditioning

The health benefits of regular exercise and physical activity may include:

- Weight management
- Combatting health conditions and diseases
- Improved mood
- Increased energy level
- Improved sleep
- Improved memory and concentration