



# INDIAN MEDICAL ASSOCIATION (HQS.)

(Registered under the Societies Act XXI of 1860)

Mutually Affiliated with the British & Nepal Medical Associations

I.M.A. House, Indraprastha Marg, New Delhi-110 002

Telephones: +91-11-2337 0009, 2337 0250, 2337 8680, 2337 0473, 2337 0492, 2337 8424

Fax: +91-11-23379470, 23370375, 23379178

Website: [www.ima-india.org](http://www.ima-india.org); Email: [hsg@ima-india.org](mailto:hsg@ima-india.org)

---

## Press Release

### Regular exercise reduces 24 health risks

Regular exercise can reduce 24 physical and mental health conditions including some cancers and dementia and slow down how quickly the body ages

**New Delhi, Feb 20, 2017:** An extensive research review, says that apart from not smoking, being physically active is the most powerful lifestyle choice any individual can make to improve their health.

A growing body of evidence suggests that increasing physical activity can also reduce the risk of certain types of cancers, osteoporosis, type 2 diabetes, depression, obesity and high blood pressure.

**Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA** in a joint statement said that “Scientific research has shown that people who exercise regularly are healthier physically and mentally, have more energy, think more clearly, and sleep better. Regular moderate to intense physical activity is associated with decreased risk of coronary heart disease and ischemic and hemorrhagic stroke. Moreover, evidence of the beneficial effects of physical activity in the primary prevention and management of cancer is growing and there is an association between higher levels of physical activity and lower cancer death rates.”

“Apart from obvious health benefits, regular physical activity can also help keep thinking, learning, and judgment skills sharp and preserved with age. From a mental health perspective, it can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobics or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits.”, added **Dr K K Aggarwal**.

#### Following are some recommendations identified by the review:

- Healthy adults aged between 18 and 65 should aim for 150 minutes of moderate intensity physical activity a week, such as 30 minutes of brisk walking, five days a week.
- And people who undertake more vigorous intensity exercise, such as jogging, should aim for 20 minutes three days a week.

- Healthy adults should aim for two strength training sessions a week that work with the body's major muscle groups.
  - Older people can benefit from exercise that helps to maintain their balance and flexibility.
  - People who are physically active should continue to exercise even when they become middle aged or elderly and those who are not should increase their physical activity.
- Not smoking and following a healthy diet is also important.

**-Ends-**

**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.☐

**For further information please contact:**

Sanjeev Khanna - 9871079105

Md Adib Ahmad – 9873716235

mediaimahq@gmail.com

**IMA Public & Media Advocacy Cell**