

**BE FIT**

# A PRESCRIPTION FOR EXERCISE?

Many doctors recommend exercise to help with weight loss, strength and well-being. But, an exercise program may do even more than that. Research shows that exercise can help with certain health conditions. In fact, many people are now getting a “prescription” for exercise from their doctor.



## ***Hard work pays off***

It can be hard to get up and exercise when you have a health condition, especially one that causes pain or fatigue. But, the evidence shows that the extra effort may be well worth it!

Always talk to your doctor before beginning any exercise program. Exercise alone may not be enough to treat some health problems. But, it may make you feel better and may be a good “natural” option to try. It can be used along with other treatments, such as medication or therapy.

### ***Fibromyalgia***

Several studies support using exercise as a treatment for fibromyalgia pain. Fibromyalgia can cause chronic pain and fatigue. These symptoms may improve when a person exercises regularly.

### ***Depression***

Depression is one of the most common mental health disorders in the U.S. Some studies have found that getting regular exercise helps with mild to moderate depression. This may be because exercise releases the brain’s “feel-good” chemicals. Exercise may also help support other brain functions, which help with depression.

### ***Osteoporosis***

Osteoporosis causes bones to become weaker or more brittle. But, regular exercise can help strengthen muscles and bones, which lowers the risk of breaking bones or falling. Often, people with osteoporosis get good results by doing a combination of aerobic and weight training exercises.

### ***Arthritis***

Exercise is considered the best non-drug option for treating pain and stiffness from arthritis. Walking and water exercise are usually good choices. Plus, exercise can help you maintain a healthy weight which helps to reduce pressure on your weight-bearing joints.