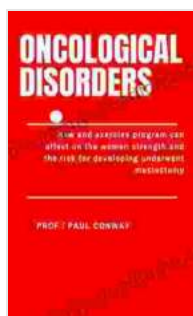


# How an Exercise Program Can Affect Women's Strength and Risk for Disease

Exercise is an essential part of a healthy lifestyle for women of all ages. It can help to improve strength, reduce the risk of disease, and promote overall well-being.



## ONCOLOGICAL DISORDER : How and exercise program can affect on the women strength and the risk for women underwent mastectomy (Health & Therapy)

by Jane L Edwards

★★★★☆ 4.4 out of 5

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Enhanced typesetting : Enabled  
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However, many women do not get enough exercise. In fact, according to the Centers for Disease Control and Prevention (CDC), only about 50% of women meet the recommended guidelines for physical activity.

This is concerning, as exercise has been shown to have a number of benefits for women's health. For example, exercise can:

- **Increase strength:** Exercise can help to increase muscle strength and power, which can make everyday activities easier and reduce the risk of falls.
- **Reduce the risk of disease:** Exercise has been shown to reduce the risk of heart disease, stroke, type 2 diabetes, and some types of cancer.
- **Promote overall well-being:** Exercise can help to improve mood, energy levels, and sleep quality. It can also reduce stress and anxiety.

### **How much exercise do women need?**

The CDC recommends that adults get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week. You can also meet the guidelines by doing a combination of moderate- and vigorous-intensity activities.

Moderate-intensity aerobic activity includes activities such as brisk walking, jogging, cycling, and swimming. Vigorous-intensity aerobic activity includes activities such as running, sprinting, and jumping rope.

In addition to aerobic activity, women should also do muscle-strengthening exercises two or more days per week. Muscle-strengthening exercises help to build and maintain muscle mass, which is important for strength, balance, and mobility.

### **Getting started with an exercise program**

If you are new to exercise, it is important to start slowly and gradually increase the intensity and duration of your workouts over time.

You can start by doing a few minutes of exercise each day and gradually increase the amount of time you spend exercising as you get stronger.

It is also important to choose activities that you enjoy, as this will make it more likely that you will stick with your exercise program.

If you have any concerns about starting an exercise program, talk to your doctor.

## **Benefits of exercise for women**

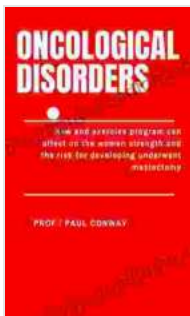
Exercise has a number of benefits for women's health, including:

- **Increased strength:** Exercise can help to increase muscle strength and power, which can make everyday activities easier and reduce the risk of falls.
- **Reduced risk of disease:** Exercise has been shown to reduce the risk of heart disease, stroke, type 2 diabetes, and some types of cancer.
- **Improved bone health:** Exercise can help to improve bone density and reduce the risk of osteoporosis.
- **Reduced risk of depression:** Exercise has been shown to reduce the risk of depression and improve mood.
- **Improved sleep quality:** Exercise can help to improve sleep quality and reduce the risk of insomnia.

- **Reduced stress and anxiety:** Exercise can help to reduce stress and anxiety levels.

Exercise is an essential part of a healthy lifestyle for women of all ages. It can help to improve strength, reduce the risk of disease, and promote overall well-being.

If you are not currently getting enough exercise, talk to your doctor about how you can get started with an exercise program.



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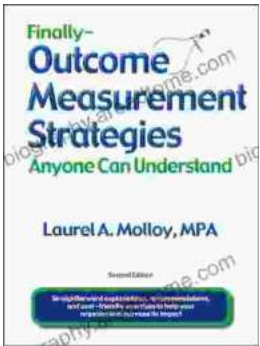
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