

# Dr. Jane's "Top Three"



“Exercise can be medicine for almost every health problem out there. But if I had to list the top three conditions that benefit from increased, Doctor approved, physical activity it would be . . .”

Dr. Jane Thornton earned her PhD in sport medicine and recently completed her MD to put her research into action and be at the forefront of rethinking health-care delivery in Canada. Dr. Jane has a wealth of international experience in the field of preventative medicine, specifically focusing on physical activity as both prevention and treatment of chronic disease, and has proudly represented Canada as a World Champion and Olympic rower

# 1. Anxiety and Depression



Exercise can have a positive effect in symptoms of both anxiety and depression. It can prevent depressive episodes and help with short- and long-term treatment.

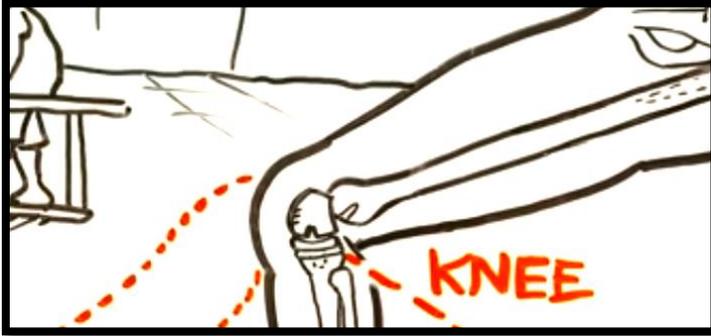
Even low levels of regular exercise can help, and in many cases be as effective as other therapies, including behavioural therapy and medications. It can help with weight management as well, which can improve diabetes control and cardiovascular disease, both of which often coincide with mental health problems.

**Read more:**

<http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

[http://www.mindingourbodies.ca/about the project/literature reviews/physical activity and mental health](http://www.mindingourbodies.ca/about_the_project/literature_reviews/physical_activity_and_mental_health)

## 2. Joint pain: Arthritis



A lot of people think that exercise wears out our joints – but in fact, many different types of exercise are beneficial for people with osteoarthritis, including strength training and aerobic exercise. There's actually a bigger reduction in pain after 2 months of exercise training than with taking anti-inflammatory medications.

The most important activity is the one you enjoy doing!

Studies show that exercise:

- improves function
- improves aerobic capacity
- builds muscle strength
- improves joint mobility
- helps you maintain a healthy weight
- reduces your risk of immobility and disability

**Read more:**

<http://www.osteoporosis.ca/osteoporosis-and-you/exercise-for-healthy-bones/>

### 3. During and after Cancer Treatment



#### Studies show:

Exercise can help:

- Improve your immune function
- Improve your body image, mood and self-esteem
- Get you through chemotherapy (higher rates of completion)

Physically active people have:

- Shorter hospital stays
- Lower rates and severity of symptoms and side effects of chemotherapy
- Lower stress, depression, and anxiety
- Better long-term survival rates (breast and colon cancer)

#### Read more:

- <http://exerciseismedicine.org.au/wp-content/uploads/2014/05/2014-Cancer-BRIEF.pdf>
- <http://gpcpd.walesdeanery.org/index.php/cancer>
- <http://fyss.se/wp-content/uploads/2011/06/19.-Cancer.pdf>
- <https://www.cancer.ca/en/prevention-and-screening/live-well/nutrition-and-fitness/physical-activity/?region=on>