



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Benefits of exercise for medical conditions

Summary of the benefits of exercise for medical conditions

- Reduced risk of coronary heart disease
- Decreased risk of some cancers
- Normalising of blood pressure
- Reduction in high levels of cholesterol and improved high-density lipoprotein and low-density lipoprotein ratios
- Improved bone density
- Reduced risk of Type 2 diabetes
- Improved weight control
- Improved self-esteem and mental health

