

Middle Aged Adult and Exercise

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### **Health Issues Prevented by Regular Exercise**

Various health issues and diseases can be prevented by the help of continuous, regular exercise and physical activity. The health problems and diseases most commonly prevented by the help of regular exercise involve cardiovascular diseases, diabetes mellitus, arthritis and back problems (CDC, 2011).

### **Prevalence of Cardiovascular Diseases, Diabetes and Arthritis**

The prevalence rate of cardiovascular diseases (CVD) has been found to be elevating in the recent years. It has been estimated that the total number of deaths due to CVD were around 17.5 million in the year 2005. According to the World Health Organization, the rate of deaths due to CVD will increase up to 20 million by the year 2015. Middle aged men are the ones at extreme risk for the development of CVD, since they are susceptible to various risk factors associated with the CVD. The prevalence rate of diabetes mellitus has also been reported to be very high among young and middle aged men. In the year 2007, around 110 million people were found to be suffering from diabetes mellitus. It has been anticipated that, by the year 2025, the prevalence rate of Diabetes among middle aged and young men will increase up to 180 million (Kelly & Fuster, 2010).

According to the CDC, the prevalence rate of arthritis in adult population of the United States was projected to be around 52.5 million during the years 2011 and 2012. By the year 2030, it is expected to rise up to 67 million among the adult population of the U.S. Moreover,

CDC deduced that 22.7 million adult individuals have reported limited activity due to arthritis (CDC, 2013).

### **Nursing Interventions for the Health Promotion of Patients**

Nursing interventions for diabetes, CVD and arthritis patients involve patient education and awareness regarding the proper management of diet plan and exercises. The healthy middle aged adults in the age range of 18 to 65 years, should carry out moderate physical activity for around 150 minutes daily. The exercise involves brisk walk for 30 minutes, jogging, stretching and running for shorty time periods. Moreover, vigorous exercise should be carried out on weekly basis or 3 times a week. This includes running for 10 to 20 minutes and stretching exercise. The nurse should also educate the patients regarding the health implications associated with the risk factors of CVD, Diabetes and Arthritis. The risk factors that should be prevented in case of these diseases involve smoking, high cholesterol diets, high sugar level and substance abuse (Coleman, Briffa, Carroll, Inderjeeth, Cook&McQuade, 2012; Hordern, Dunstan, Prins, Baker, Singh&Coombes, 2012; Liu, Daviglus, Loria, Colangelo, Spring, Moller& Lloyd-Jones, 2012; Dubé, Fleishman, Rousson, Goodpaster& Amati, 2012).

Various studies have presented with evidence that maintaining a healthy life style, with continuous exercise and physical activity help in the prevention of Diabetes, CVD and arthritis. Regular exercise will maintain the blood pressure and lower down the cholesterol levels of the blood, which is the central risk factor for the development of CVD. Moreover, physical activity also prevents weight put on and obesity which is a risk factor for the development of Diabetes. Arthritis can be successfully prevented by regular movement and stretching of muscles and bones. Moreover, the physical activity also replenishes the body's vitamin D requirement and

prevents the development of Arthritis. For preventing diabetes, the patients should be asked about carrying out 120 to 150 minutes brisk walk, which will curtail the rate of cholesterol level, high blood sugar and obesity (Coleman, Briffa, Carroll, Inderjeeth, Cook&McQuade, 2012; Hordern, Dunstan, Prins, Baker, Singh&Coombes, 2012; Liu, Daviglus, Loria, Colangelo, Spring, Moller& Lloyd-Jones, 2012; Dubé, Fleishman, Rousson, Goodpaster& Amati, 2012).

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