

STAT Check

Women and Exercise

38%...

of women over the age of 19 exercise regularly.

Medscape General Medicine, posted February 5, 1999

55%...

is the decrease in the severity of hot flashes noted in a menopause aerobic training study.

Medscape General Medicine, posted February 5, 1999

23.2%...

of women between 65 and 74 years of age participate in light to moderate physical activity for 30 or more minutes per day, 5 or more days per week.

US Centers for Disease Control and Prevention, 2002

12.3%...

of women 75 years and older participate in light to moderate physical activity 30 or more minutes per day, 5 or more days per week.

US Centers for Disease Control and Prevention, 2002

Half...

as many physically active women as sedentary women reported hot flashes.

Shangold MM, Sherman C. Exercise and Menopause: A Time for Positive Changes. The Physician and Sportsmedicine 1998;26:51



20 to 60 minutes...

3 to 5 times per day is the recommended level of exercise that should be adapted to the patient's condition, fitness level, motivation, experience and preferences.

Shangold MM, Sherman C. Exercise and Menopause: A Time for Positive Changes. The Physician and Sportsmedicine. 1998;26:51

15%...

of muscle strength declines per decade after age 50, and 30% per decade after age 70. This percentage is even greater in older women than in men.

Nied RJ, Franklin B. Promoting and Prescribing Exercise for the Elderly. Am Fam Physician 2002;65:419-26,427-8

3.5%...

is the increase in bone mass realized by postmenopausal women who participated in an exercise study. (The control group realized a 2.7% loss in bone mass over the same time frame.)

American Federation for Aging Research, 2004