

The Negative effects of the Environment on Exercise

Brianna Harder

Exercise Benefits



- Prevent cardiovascular disease
- Increase energy
- Relieve depression and anxiety
- Improve cognitive functioning
- Help maintain healthy weight
- Reduce the risk for Type II diabetes
- Reduce Stress

Multiple studies have shown that even with all of the benefits of exercising, each person's environment has a larger role on their ability to exercise than most people think. Some environments can create barriers for certain people, which prevents them from being able to participate in physical activity.

Negative Effects of Not Exercising

- More likely to be obese
- More likely to develop Cardiovascular disease
- More likely to develop Type II Diabetes
- Tiredness
- Lack of sleep



These effects are more prominent in lower income women. Based on the environment's people live in, scientists studied education levels, access to healthy food options, and criminality in the area.

This is what they found...

- lower income women specifically with less than or equal to high school equivalent educations have a higher risk for Cardiovascular disease than people with higher education beyond high school.
- Women who have less healthy food options nearby will ultimately choose the unhealthy options that are easier to get to, causing increases in obesity and higher risk for disease.
- High criminality present in these areas also showed to prevent women from walking to their destinations, causing increases in obesity.

How can we overcome these obstacles to help decrease obesity and risk for disease?

1. Workout at home

We must find a safe way to be physically active either in a facility, or in our own home. There are many workouts out there that do not require a gym or being outside.

2. Get educated about healthy food options

Healthy food options are easy to make in your own home and do not take much time to prepare.



Mobley, L. R., Root, E. D., Finkelstein, E. A., Khavjou. O., Farris, R. P., & Will, J. C. (2006, April). Environmental, Obesity, and Cardiovascular Disease Risk in Low-Income Women. Retrieved November, 2016.

