



Summary

Screenings are tests that look for diseases before one has symptoms. Screening tests can find diseases early, when they're easier to treat. One can get some screenings in their doctor's office. Others need special equipment, so that client may need to go to a different office or clinic. The benefits of exercise extend far beyond weight management. Research shows that regular physical activity can help reduce the client risk for several diseases and health conditions and improve their overall quality of life. The health problems relating to physical inactivity are unlikely to be completely solved by individual health practitioners, and significant steps by governments and policy makers have to be taken to create environments that encourage participation in lifelong physical activity.