



*To Your Health*

## **Take the First Step toward Lifelong Health**

When someone mentions the word "exercise," what's the first thought that jumps into your head? For many, exercise means discomfort < hours spent at the gym, fighting through the tan, lean bodies to lift weights or pedal away on an uncomfortable exercycle.

Fortunately, exercise comes in many forms, and almost all of them help us stay healthy. Physical activity reduces the risk of cancer, heart disease and many other serious health problems, and evidence suggests that the simple act of walking may be just as effective as vigorous exercise.

Researchers compared walking, vigorous exercise and total physical activity with the incidence of coronary artery events (heart attack or death from heart disease) in 72,488 healthy female nurses. Data collected over the eight-year study revealed that three hours of brisk walking per week was comparable to 1.5 hours of jogging, cycling, heavy gardening or heavy housework) in reducing the risk of coronary events.

So don't feel overwhelmed by exercise, embrace it! You don't need to slave away in the gym to stay healthy. A brisk walk might be all it takes to get you started on the road to lifelong health. For a complete evaluation of exercise and nutritional guidelines specific to your needs, talk to your chiropractor.

### *Reference:*

Manson JE, Hu FB, Rich-Edwards JW, et al. A prospective study of walking as compared with vigorous exercise in the prevention of coronary heart disease in women. *The New England Journal of Medicine*, August 26, 1999: Vol. 341, No. 9, pp650-58.



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