



## **10 Reasons Why You are *Crazy* If You Don't Exercise**

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I think it's human nature to make things complicated. Do you want to know THE BEST way to improve your health for today and for the future? It's the simplest answer, and I bet you've heard of it once or twice. It's called EXERCISE.

1. A study of over 60,000 people during an 18-year time span showed that the most fit were about 40% less likely to have suffered a stroke.
2. Studies show that increased cardiovascular fitness is associated with fewer symptoms of depression.
3. 30 minutes of walking 5 days a week greatly reduces heart disease risk.
4. Physical activity appears to lower colon cancer risk 30 – 40%.
5. Physical activity appears to lower breast cancer risk from 20 – 80% based on intensity and frequency of exercise.
6. Physical activity appears to lower endometrial cancer risk from 20 – 40%.
7. Preliminary studies show that physical activity may lower lung cancer risk up to 20%.
8. Physical activity during middle age has been linked with a 50 – 60% lower incidence of dementia and Alzheimer's in late life.
9. A study of over 6,000 women during a 17 year time span showed that the least fit were 3 times more likely to develop Type II Diabetes than the most fit.
10. A recent study showed that men who were "highly" fit were 50% less likely to die during the 7 seven year research period than their "low" fitness rated counterparts. Fellows in the "very highly" fit group were at 70% lower risk of death!

It's beautiful outside – get out to the lake, trails, mountains, gym, trampoline – whatever! Just get out there and exercise. It's the best insurance policy you can invest in!

P.S. - If you have nagging injuries that are holding you back, come see if we can help you. Advanced Spinal Fitness isn't just for spines – we help with shoulders, elbows, wrists, hips, knees and feet. If your problem isn't bad enough for orthopedic surgery, but it's holding you back from activity, this is probably the place for you to find results.

*Dr. Whitehead is a family chiropractor in Mooresville. Her office, Advanced Spinal Fitness, provides comprehensive chiropractic wellness care for the whole family. Find out more at [www.advancedspinalfitness.net](http://www.advancedspinalfitness.net)*