Are you in pain? Do you work? Taking care of your kids? Too many errands?

Did you know that watching 6 hours of TV a day can expect to live 5 years less!!

What if I told you I have a treatment plan that has shown to:
-Patients with knee arthritis reduced rates of pain by 47%
-Alzheimer’s and Dementia progression by 50%
-Those at risk for diabetes with other lifestyle factors had a 58% reduction to frank diabetes (asymptomatic)
-Post menopausal women had a 47% reduction in the risk of getting hip fractures
-Anxiety reduced by 48% and depression reduced by 30% with this treatment
-Improved quality of life improved drastically!

What is this treatment?
EXERCISE!

Think about your day in 24 hours and what you do:
*Sitting at work*  *Couch surfing*  *Sleeping*  *Various activities*

-Premature death could be avoided by erasing certain risk factors such as hypertension, high cholesterol, diabetes, and smoking all play a big role in pre-mature death however there is one risk factor that is a bigger contributor to premature death called CRF (Cardio Respiratory Fitness or low fitness)

LOW FITNESS IS A STRONG PREDICTOR OF DEATH!!
OBESITY and NO EXERCISE ALSO CONTRIBUTED TO EARLIER DEATHS IN INDIVIDUALS

If exercise is like medicine then what is the dose of exercise do we need? How often? How intense?
What if I told you studies have shown that one hour of weekly activity reduced heart disease by half!
Start with 30 minutes a day, wether its 10 minutes in the morning, 10 in the afternoon and 10 in the evening, taking the stairs, park further away, walk your dog more often, walk with a friend!
We need at least 30 minutes minimum up to an hour of exercise daily.
Knowing that can we limit sitting and sleeping to just 23 1/2 hours a day??