

# Only 23 1/2 hours??

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, whether 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??