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[IMAGE] Sports & Fitness >> Exercise [IMAGE] a.consent:link { color:#FFF; } a.consent:visited {
color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }
                                                                                                                                                Contact Us Help
[IMAGE]
[IMAGE]
[IMAGE] [IMAGE]
[IMAGE]
                                                                                                        [IMAGE]
[IMAGE]
                                                                                                                                   E-mail to a Friend | Printer Friendly | PDF
           [IMAGE]
                                         Sports & Fitness >> Exercise
[IMAGE]
     In This Issue:
                                         Regular Walking Reduces Risk of Cardiovascular Disease

    Pain Pills Don't Go Away After Back SurgeryIncreased Muscle Strength Reduces Risk of Metabolic Syndrome

                                                  Lifting Weights Puts the Hurt on Deep Fat
  • Poor Sleep = Migraines
                                                       The Hidden Benefits of Exercise

    Sitting Time and BP

                                                            Low-Intensity Exercises = More Weight Loss
  • The Power of Awe
                                                                Exercise Can Reverse Effects of Inactivity

    Prevent Childhood Cancer

                                                                      Exercise Balls vs. Mats: And the Winner is...
  • The Sleepless Night Diet
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                                                                                    Fit To The Core
     Did You Know?
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  • 3 Ways to Stick With It
                                                                                    A Total-Body Workout in 5 Easy Steps
  • The Many Benefits of Vitamin D
                                                                                          By Chelsea Cooper
  • Healthy Food Choices 101: Helping Kids Eat Right
                                                                                    Summer Spinal Safety

    E-Cigs: Bad for Your Heart?

                                                                                          By Dr. Kevin M. Wong

    Cell Health: An Interview With Dr. Greg Barsten

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                                                                                    The At-Home Athlete
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                                                                                    Top 10 Ab Exercises
                                                                                          By Chelsea Cooper, MPA, CPT
Other Health Sites
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Dynamicchiropractic.com
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Chirofind.com
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Acupuncturetoday.com
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 $http://www.toyourhealth.com/mpacms/tyh/sub_topic.php?id=35\&pagenumber=4\&\&no_b=true$