

[IMAGE] Health Poll - October 2013 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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Health Poll - October 2013

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

TD { font-family: arial, 'helvetica neue', helvetica, sans-serif; font-size: 14px; line-height: 1.5; }

What type of exercise do you enjoy during the Fall?

Aerobic Exercise	12 (10%)
Indoor Weight Training	19 (15%)
Outdoor Walking/Running	95 (75%)

Total: 126

Previous Issues

Did You Know?

- [The Calcium Question: Are You Getting Enough?](#)
- [Three Reasons to Limit TV Time](#)
- [30 Minutes a Day May Keep Strokes Away](#)
- [Better for Baby](#)
- [Berries for Blood Pressure](#)

Note: This is a voluntary, nonscientific poll based on 124 responses; caution should be used in generalizing the results.

Page printed from:

http://www.toyourhealth.com/health_poll/13archives/october.php?no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)