

[IMAGE]

Exercise Now, Reduce Fracture Risk Later

By Editorial Staff

In the latest study to emphasize the long-term benefits of exercise, researchers evaluated bone mineral density, a predictor of bone fracture risk, in active / retired male elite soccer players and control subjects (non-soccer players). More than 30 years after retirement from sports, soccer players had a significant reduced risk of bone fractures compared to control subjects. The researchers concluded:

"Exercise-associated bone trait benefits are found long term after retirement from sports together with a lower fracture risk. This indicates that physical activity in youth could reduce the burden of fragility fractures."

How much exercise do your children get on a daily basis? For that matter, how much do *you* get? Rather than risk a debilitating bone fracture, not to mention the countless other health consequences attributable to lack of exercise, why not kick off 2015 by committing to a consistent program of cardiovascular and resistance exercise? Talk to your doctor for more information.

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