[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 Older Men Need Chiropractic Increased Muscle Strength Reduces Risk of Metabolic Syndrome Great for Memory Lifting Weights Puts the Hurt on Deep Fat Try Evening Exercise The Hidden Benefits of Exercise Low-Intensity Exercises = More Weight Loss • Not Enough Nutrients? Exercise Can Reverse Effects of Inactivity • Is Your Child's Depression Being Caused by Poor Sleep? Exercise Balls vs. Mats: And the Winner is... Your Best You A Natural Way to Prevent the Common Cold Previous Issues Working Out for Better Vision Fit To The Core Did You Know? By Meghan Vivo <u>Vibrate Your Way to Better Gut Health</u> A Total-Body Workout in 5 Easy Steps High Fat Shrinks the Brain? By Chelsea Cooper · Eating: Do Not Disturb Summer Spinal Safety Less Salt, Better Heart By Dr. Kevin M. Wong Energy, Energy, Everywhere – Should We Be Worried? All Hail the Weekend Warrior By Dr. Marc Heller The At-Home Athlete By Perry Nickleston, DC Welcome to Boot Camp By Editorial Staff Top 10 Ab Exercises Other Health Sites By Chelsea Cooper, MPA, CPT Heart-Healthy Exercise Habits Chiroweb.com By Editorial Staff Dynamicchiropractic.com Strolling To Safety Chirofind.com By Editorial Staff Acupuncturetoday.com Fundamental Fitness Principles By Editorial Staff Active Year Round By Jasper Sidhu, DC

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