```
[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

                                                                       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

    Heart Health for Seniors: Get Moving

                                                                                A Total-Body Workout in 5 Easy Steps

    3 Great Energy Boosters for the New Year

                                                                                     By Chelsea Cooper

    A Diet to Prevent Breast Cancer

                                                                                Summer Spinal Safety

    Medication Overload

                                                                                     By Dr. Kevin M. Wong

    No Time Like the Present

                                                                                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
                                                                                      By Chelsea Cooper, MPA, CPT
Other Health Sites
                                                                                Heart-Healthy Exercise Habits
Chiroweb.com
                                                                                      By Editorial Staff
Dynamicchiropractic.com
Chirofind.com
                                                                                      By Editorial Staff
Acupuncturetoday.com
                                                                                Fundamental Fitness Principles
                                                                                      By Editorial Staff
                                                                                Active Year Round
                                                                                      By Jasper Sidhu, DC
                                                                                |« <u>First</u> « <u>prev</u> — <u>1 2 3 4 5</u> — <u>Next</u> » <u>Last</u> »|
                                                                                Page printed from:
```

 $http://www.toyourhealth.com/mpacms/tyh/sub_topic.php?id=35\&no_b=true\&pagenumber=4\&\&no_b=true\&pagenum$