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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

    Chronic Pain Can Wreck Your Life

                                        Increased Muscle Strength Reduces Risk of Metabolic Syndrome

    Antioxidants for Acne

                                             Lifting Weights Puts the Hurt on Deep Fat

    Reflux Drugs & Migraines

                                                 The Hidden Benefits of Exercise
                                                     Low-Intensity Exercises = More Weight Loss

    Kids Need Exercise

                                                          Exercise Can Reverse Effects of Inactivity

    The Life Extender

                                                              Exercise Balls vs. Mats: And the Winner is...

    3 Ways to Lose It

                                                                   A Natural Way to Prevent the Common Cold
Previous Issues
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    Did You Know?
                                                                                By Meghan Vivo
  • More Time = Healthier Eating?
                                                                           A Total-Body Workout in 5 Easy Steps

    Strength Training Helps Your Body Burn Fat, Too

                                                                                By Chelsea Cooper
 · Cinnamon, Spice and Everything Nice
                                                                           Summer Spinal Safety

    Pain Relief Without a Price

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    Poor Sleep Hurts Your Heart

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                                                                                By Perry Nickleston, DC
                                                                           Welcome to Boot Camp
                                                                                By Editorial Staff
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Other Health Sites
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Chiroweb.com
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Dynamicchiropractic.com
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Chirofind.com
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Acupuncturetoday.com
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