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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

    Older Men Need Chiropractic

                                            Increased Muscle Strength Reduces Risk of Metabolic Syndrome
  • Great for Memory
                                                Lifting Weights Puts the Hurt on Deep Fat
                                                     The Hidden Benefits of Exercise

    Try Evening 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

    3 Ways to Decrease Stress

                                                                                 A Total-Body Workout in 5 Easy Steps

    Natural Pain Control: The Power of Corydalis

                                                                                       By Chelsea Cooper

    3 Steps to More Energy

                                                                                  Summer Spinal Safety

    The Pros and Cons of Video Games

                                                                                       By Dr. Kevin M. Wong

    The Basics of EMF Emissions

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                                                                                       By Dr. Marc Heller
                                                                                 The At-Home Athlete
                                                                                       By Perry Nickleston, DC
                                                                                  Welcome to Boot Camp
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                                                                                 Top 10 Ab Exercises
                                                                                       By Chelsea Cooper, MPA, CPT
Other Health Sites
                                                                                  Heart-Healthy Exercise Habits
Chiroweb.com
                                                                                       By Editorial Staff
Dynamicchiropractic.com
                                                                                  Strolling To Safety
Chirofind.com
                                                                                       By Editorial Staff
Acupuncturetoday.com
                                                                                  Fundamental Fitness Principles
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                                                                                  Active Year Round
                                                                                       By Jasper Sidhu, DC
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