

[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:

- [Pain Pills Don't Go Away After Back Surgery](#)[Increased Muscle Strength Reduces Risk of Metabolic Syndrome](#)
- [Poor Sleep = Migraines](#)[Lifting Weights Puts the Hurt on Deep Fat](#)
- [Sitting Time and BP](#)[The Hidden Benefits of Exercise](#)
- [The Power of Awe](#)[Low-Intensity Exercises = More Weight Loss](#)
- [Prevent Childhood Cancer](#)[Exercise Can Reverse Effects of Inactivity](#)
- [The Sleepless Night Diet](#)[Exercise Balls vs. Mats: And the Winner is...](#)

[A Natural Way to Prevent the Common Cold](#)

Previous Issues

[Did You Know?](#)

- [Can't Shed the Weight? Stress Could Be the Culprit](#)
- [3 Tips for a Stress-Free Family Home](#)
- [The World's Healthiest Habits](#)
- [Muscle Can Be a Life Saver](#)
- [How Fat Affects Prostate Cancer](#)

[Working Out for Better Vision](#)

[Fit To The Core](#)

By Meghan Vivo

[A Total-Body Workout in 5 Easy Steps](#)

By Chelsea Cooper

[Summer Spinal Safety](#)

By Dr. Kevin M. Wong

[All Hail the Weekend Warrior](#)

By Dr. Marc Heller

[The At-Home Athlete](#)

By Perry Nicklestone, DC

[Welcome to Boot Camp](#)

By Editorial Staff

[Top 10 Ab Exercises](#)

By Chelsea Cooper, MPA, CPT

[Heart-Healthy Exercise Habits](#)

By Editorial Staff

[Strolling To Safety](#)

By Editorial Staff

[Fundamental Fitness Principles](#)

By Editorial Staff

[Active Year Round](#)

By Jasper Sidhu, DC

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

|« [First](#) « [prev](#) — 1 2 3 4 5 — [Next](#) » [Last](#) »|

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/sub\\_topic.php?id=35&pagenumber=4&&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/sub_topic.php?id=35&pagenumber=4&&no_b=true&no_b=true)