```
[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

    Diet Reduces Fracture Risk

                                                                                    A Total-Body Workout in 5 Easy Steps

    Keep Your Brain Young

                                                                                          By Chelsea Cooper
  • Smell Improves Memory?
                                                                                    Summer Spinal Safety

    Don't Make Low Back Pain Worse

                                                                                          By Dr. Kevin M. Wong

    The Sad State of Screen Time

                                                                                    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
                                                                                          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
                                                                                    |« \underline{First} « \underline{prev} — \underline{1} \underline{2} \underline{3} \underline{4} \underline{5} — \underline{Next} » \underline{Last} »|
```

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