```
[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
                                                 Lifting Weights Puts the Hurt on Deep Fat
  • Great for Memory
                                                      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
  • The Sad State of Screen Time
                                                                                   A Total-Body Workout in 5 Easy Steps
  • 5 Foods You Should Be Eating Every Day
                                                                                        By Chelsea Cooper
  • The Sleepless, Oversugared Teen
                                                                                   Summer Spinal Safety
  • Can Vitamin D Help Fight MS?
                                                                                        By Dr. Kevin M. Wong

    All Fiber Is Not Created Equal

                                                                                   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
                                                                                   Strolling To Safety
Chirofind.com
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Acupuncturetoday.com
                                                                                   Fundamental Fitness Principles
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