```
[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
  • Try Evening Exercise
                                                         The Hidden Benefits of Exercise
  • Not Enough Nutrients?
                                                              Low-Intensity Exercises = More Weight Loss
                                                                   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?
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    Get Fit, Stay Happy

                                                                                       A Total-Body Workout in 5 Easy Steps

    Age of Diabetes Onset Linked to Dementia Risk

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    Shake-Down on Salt

                                                                                       Summer Spinal Safety

    Don't Be Fooled by Food Labels

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    Turn the Lights Out on Energy Drinks

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                                                                                             By Perry Nickleston, DC
                                                                                       Welcome to Boot Camp
                                                                                             By Editorial Staff
                                                                                       Top 10 Ab Exercises
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Other Health Sites
                                                                                       Heart-Healthy Exercise Habits
Chiroweb.com
                                                                                             By Editorial Staff
Dynamicchiropractic.com
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Chirofind.com
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