

## Improve every aspect of health at no cost whatever

You have probably heard 1000 times that you should get regular exercise. We know but somehow... The following facts should provide additional urgency and I add a few tips for making exercise a habit.

### **The Jan-Feb 2009 AARP Bulletin stated that if you walk 30 minutes a day at a brisk pace you can REDUCE:**

1. Your medical bills by over \$3,000 a year (based on a normal weight retiree)
2. Depression symptoms by 47%
3. Your weight by 1.3 pounds a month—15.6 lbs a year. (MW comment: 1000mg of the amino acid L-Carnitine on an empty stomach before you head out delivers fat to the cells to be burned for energy. Speeds results and spares muscle. I use the liquid by Jarrow available at health food stores.)
4. Bone loss (loss actually halted)

### **You can REDUCE your RISK of:**

1. Type 2 diabetes by 71%
2. Alzheimer's Disease by 40%
3. Arthritis by 46%
4. Heart disease by 32%
5. Stroke by 33%
6. Colon cancer by 31%
7. Breast cancer by 18%

### **I'd add to that already astounding list:**

1. Increase your HDL (good cholesterol)
2. Increase your energy
3. Get that youthful glow back in your skin
4. Think more clearly
5. Reduce cravings for chocolate (even 15 minutes does that)

### **But how do you get going and stay regular? Try these tips:**

1. Start where you are and build. If you can only make it to the mailbox today, fine. Soon it will be the end of the block. (Check with your doctor if there is any question and don't make too big a change at once because you might get sick. Adding 10% a week is a conservative goal.)
2. If you can't find 30 minutes at one time, 3 bursts of 10 minutes still help a lot. (10 before work, 10 at lunch, 10 after work?)
3. Put yourself on the to-do list. How can you help others if you are sick?
4. Team up with a friend so you can support each other and provide some accountability on lazy days.
5. Be sure to walk with good posture (be tall) and it is a good time to think about how deeply you breathe.

Okay, walking isn't entirely free—you do have to replace your walking shoes periodically—but the savings in medical bills will buy a lot of shoes! Bye for now, I'm going for a walk.