

If it Sounds Too Good to Be True.....

Ground Breaking, Scientific Discovery, Space Age Discovery, If all these sound too good to be true, it's because they usually are. If they were accurate or true statements there wouldn't be anyone obese, bald or complaining of back pain. But we know the number of people with these conditions continue to grow. One thing that is true about these conditions is that there are no quick fixes. Except for balding; Obesity, back pain, hypertension, diabetes and many other conditions can be controlled or even eliminated with regular exercise. The latest research has even shown that regular exercise can reduce the chances of developing Alzheimer's and other types of dementia. Researchers found that healthy people who reported exercising regularly had a 30 to 40% lower risk of dementia. One researcher stated "the surprising finding for us was that it actually didn't take much to have this effect."

Being fit gives us a better quality of life both emotionally and physically. Should there be a need for medication or a surgical procedure, the outcome tends to be better if we have taken care of ourselves.

The bottom line is one must be involved in their health and be active in keeping themselves well. So join a health club, work with a personal trainer, or just start doing something at home on a consistent basis and soon it will start paying dividends.

If you wish to have some baseline measurements such as resting metabolic rate, percent body fat, flexibility and strength measurements, then attend the Health and Fitness Fair at Centerpointe Chiropractic and Physical Therapy located at 4085 N. Jefferson St. in Medina. It will be held on Saturday February 18th from 10:30 AM to 2:00 PM. Call Lou Rossi, DC or Matt Trnka, PT at (330) 723-2225 with any questions. Discounts from local fitness centers and trainers will be available.