

Exercise is medicine.

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
ERGONOMICS
ATLANTIC SPINE
PROGRAM

738-8299

749 River Valley Drive
humanperformancecentre.ca

Many of us have had a prescription for some ailment/illness at some time in our lives. Many of us require prescriptions to keep us alive! These are very important and necessary.

What would you do if you could get one additional prescription that has been scientifically proven to: decrease obesity (one in four of our children in Canada is now obese), decrease the risk of heart disease and stroke, decrease the risk of diabetes, reduce high blood pressure, decrease low back pain, decrease the risk of



Alzheimer's disease and dementia and decrease the incidence of depression? The research is staggering. This prescription is showing an increase in life expectancy of six to nine years and an overall decrease in morbidity (incidence of disease) and mortality (relative frequency of death). If you are thinking that this prescription is a wonder drug than I'm sorry you are incorrect. The prescription I am referring to is exercise. Another interesting fact is not exercising for just one day is like smoking three cigarettes as far as the negative health aspects go. Skip a week of exercise and now it is like smoking a whole pack!

*Earle Burrows, BSc. (Bio), BSc. PT., Cert. MTD
CEO of the Human Performance Centre with 20
years experience in his field of expertise .*

How much should you exercise? The very least is 30 minutes five times a week. We now know that you can even break this down to three 10 minute sessions per day. Ideally exercising 75 minutes per day combining cardio (eg. walking, running or elliptical machine use), strength training (eg. lifting weights or doing Pilates) and flexibility training (eg. stretching or doing yoga) is the best general prescription. There are no added health benefits of exercising over 100 minutes per day. Everyone can benefit regardless of age or current physical condition so long as they have professional guidance and progress slowly.

So what are you waiting for? The proof is here and the time is right for you to get active, get in motion, get healthy and get the best out of your life!

**Source: 2011 Ironman Sports
Medicine Conference; Inactivity-The
Major Health Problem of Our Time.
Steve Blair P.E.D.
Professor of Exercise Science
University of South Carolina*



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Achieve Your Best
... We **Can** Help.