

## **EXERCISE IS MEDICINE**

IT SEEMS THAT THE LATEST PRESCRIPTION FOR JUST ABOUT ALL YOUR ILL'S IS EXERCISE. EXERCISE WILL LOWER BLOOD PRESSURE, BLOOD SUGAR, AND WEIGHT. IT WILL ALSO IMPROVE CHOLESTEROL, SLEEP, BONE AND HEART HEALTH AND DECREASE THE RISK OF CANCER. COUNTLESS STUDIES HAVE LINKED A PHYSICALLY ACTIVE LIFESTYLE 2 GOOD HEALTH.

## **EXERCISE IS MEDICINE!!**

IT IS THE EASIEST, CHEAPEST AND MOST EFFECTIVE MEDICINE AROUND.

FOR YEARS AND YEARS, I HAVE TRIED TO STAY ACTIVE BY SWIMMING EVERY WEEK. NOW IT SEEMS BECAUSE OF MY PROBLEMS WITH POST-POLIO SYNDROME, FOR THE LAST TWENTY YEARS, THAT IS GETTING HARDER & HARDER TO DO. IT SEEMS I HAVE LOST 90% OF MY MOBILITY, AND I CAN BE CONSIDERED A SHORT-TIMER IN THIS WORLD. I WILL DO THE BEST I CAN WITH WHAT I'VE GOT TO STAY A SURVIVOR AND KEEP SMELLING ROSES.

**JACK**