



# spotlight on health

## The Medicinal Magic Of Exercise: Let It Cast Its Spell On Your Life

(NAPSA)—Want to feel better? Stay healthier? Live longer? Then exercise.

For years, health experts have known that exercise lowers the risk of many chronic diseases, boosts confidence and self-esteem, and improves well-being and quality of life. What's more, research shows that the health benefits of exercise can be achieved by just about everyone, regardless of age or physical ability.

“Exercise is probably the closest thing we have to a ‘magic pill’ to help keep us healthy,” says Joe Moore, President and Chief Executive Officer of the International Health, Racquet and Sportsclub Association (IHRSA), the non-profit association for the fitness industry. “Exercise, in fact, is a highly effective form of preventive medicine that most of us can practice on our own. And the magic that regular exercise works on our sense of well-being can be immediate. Exercise can make you feel good quickly, and the physical health benefits continue to build when you stick with it.”

IHRSA reminds people of all ages that even modest amounts of regular physical activity can have health benefits—even if you have never exercised before. The important thing is to get started.

To help more Americans discover the magic of exercise, the fitness industry is sponsoring the nationwide *Get Active America!* program in May. For several days, participating health clubs will offer free access to their clubs, equipment, classes, and personal trainers.



**RX EXERCISE**—Exercise is probably the closest thing we have to a magic pill to help keep us healthy.

Remember: The medicinal magic of exercise is there for everyone to enjoy. Let it cast its spell on your life!

For more information, visit [www.GetActiveAmerica.com](http://www.GetActiveAmerica.com). For a listing of health clubs in your area with programs for seniors, families, and people with special health concerns, contact IHRSA at [healthprograms@ihrsa.org](mailto:healthprograms@ihrsa.org).

### Unveiling the Mystery Behind the Magic: How Exercise Builds Heart Health

Regular exercise makes your heart stronger. A strong heart works better, pumping more blood with less strain. Here's how it works: When you exercise, you lower the buildup of “plaque” on your artery walls. Plaque can restrict blood flow and contribute to high blood pressure and heart disease. By exercising, you help create the right conditions in your body for your blood to flow smoothly. The result? Your circulatory system works more efficiently to deliver oxygen and nutrients throughout your body.

