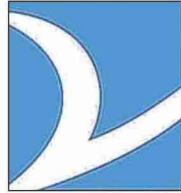


## Exercise Is Medicine

**Y**ou have probably heard that exercise is good for your health, but did you know that it can actually help to heal your body? Understanding the value of exercise is more important than ever since our nation is in the midst of an "inactivity epidemic." This inactivity is the fourth leading cause of death nationwide and is responsible for 3.2 million deaths each year. The financial cost is also enormous – the medical repercussions of inactivity result in 102 billion dollars of U.S. healthcare expenditures annually.



### RISKS OF INACTIVITY

If you are one of the 56 percent of American adults who do not meet the recommendations for sufficient physical activity, you are putting yourself at an increased risk for a variety of serious and potentially life-threatening health issues such as obesity, diabetes and cancer, according to the American College of Sports Medicine. "In fact, nearly one-third of all cancers may be fat-related, and therefore preventable and all of us should be making an effort to increase our physical activity, and utilize Exercise As Medicine," explains Don Tomaszewski, M.S., ATC/L, director, of Medical Fitness and The Valley Hospital Sports Institute. Physical inactivity could even lead to premature death. Just last March, the Center for Disease Control and Prevention released a new study that found that 8 percent of deaths in the United States were associated with inadequate levels of physical activity.

### BENEFITS OF EXERCISE

No matter one's age, when combined with a commitment to healthy eating, regular physical activity can provide a wealth of health benefits. Exercise is an essential tool that contributes to managing weight, building lean muscle, reducing fat, strengthening bones and joints, and lowering the risk of obesity.

"By getting at least 30 minutes of moder-

ate intensity exercise at least three days a week, you can make a positive impact on both your physical and emotional health," adds Tomaszewski. Some of the many benefits of exercise are outlined below.

### Emotional benefits:

- Improved mood
- Decreased feelings of depression
- Decreased anxiety
- Increased ability to concentrate

### Physical benefits:

- Decreased risk for developing type 2 diabetes
- Reduction in the incidence of heart disease
- Reduction in the incidence of high blood pressure
- Lowered risk of stroke
- Improved sleep
- Decreased risk for developing Alzheimer's disease
- Decreased risk of developing obesity
- Increased energy and stamina

### GETTING STARTED

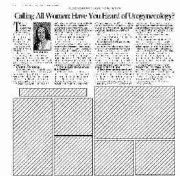
The safest and most effective way to get in shape is to partner with a trained fitness professional who can assist you with creating a personalized fitness plan. Your plan should follow these "F. I. T. T." guidelines:

- Frequency - "How often?"
- Intensity - "How hard?"
- Time - "How long?"
- Type - "What mode?"

In addition, it is important to choose a fitness facility that will support you and guide you in reaching your health and fitness goals. Earlier this year Valley Health System opened Valley Health LifeStyles, a world-class fitness center with three pools, the latest strength and cardio equipment, KidStyles recreation area and group exercise studios.

Valley Health LifeStyles is part of Valley's new Center for Health and Wellness. It is located at Boulevard in Mahwah.

For more information about Valley Health LifeStyles Fitness Center and its current membership promotion, call 201-389-0839.





VALLEY HEALTH SYSTEM

Valley Health Lifestyles combines LifeStyles with outpatient medical and rehabilitation services, a pharmacy and more. This integrated campus will offer a healthcare hub for diagnostic, therapeutic and preventive services in one location.