

One would think that.....

- With the current technology and information on the benefits of exercise, we would ought be the fittest individuals in the planet

In fact it appears that
Americans are
improving their health

- cigarette smoking went down by 50% since 1968
- Cholesterol in the diet has decreased by 20 points since 1968
- Blood pressure has also improved
- Increase in exercise
- IN fact there was a decrease in Heart Attacks since the late 60's

Unfortunately we are not getting the message

- In the US 46 million Americans are sedentary
- More than 1.5 million Americans have heart attacks each year, and more than 550.000 of them die.
- In 1995, annual health-care expenditures exceeded \$ 1 trillion.....
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What does it take TO LIVE A BETTER LIFE?

- All we need is to move a little; to eat less fats and to live a stress free life style
- If we take only one factor:
Exercise
- Decrease death rate by 50%
- Increase quality of life by 70 to 80%

How much exercise?

- Health and longevity: 2 miles in 30 min., 3x a week or 2 miles, 35 min, 4x wk
- Fitness: 2 miles less than 20 min., 4x/wk or 3 miles, 45 min. 5 x wk

Fitness is a journey not a
destination

- TO AFFECT THE QUALITY
OF A DAY IS THE HIGHEST
GIFT OF LIFE