



## Your Health and Wellness: Motion is Longevity



We all know that obesity is wide spread. We know that you have tried many things to lose weight and to get into shape. Frequent expressions that we have heard in and out of the office setting are “I have tried everything,” “I cannot see how I am not losing weight!” “I don’t eat that much!” “I exercise plenty, you should come to work with me and I will show you I move and exercise.” “I have no time to exercise!” My job, my family, my commitments, etc.... Sometimes I think I have heard them all. The BIG 3:

1. Drugs Don’t Work
2. Diets Don’t Work
3. Exercise Doesn’t Work

The answer: we don't want to accept is **LIFESTYLE CHANGE**. Not on one of the big 3, but on all 3 and more. This is complete change.

In the early 1970’s, I gave a famous heart surgeon a t-shirt that had a picture of a heart and its related vessels in living color with big bold letters on top and bottom “**EXERCISE, DON’T BE BY-PASSED.**” He told me I could not run away from heart disease, maybe he was right, but I am still trying by myself and with my patients, students, friends, etc.

The main point (the paramount factor), is **change the lifestyle**. The more complete the change the more successful my patients are the lifestyle changes, the healthier they become. **ATTITUDE** is a big factor in overcoming abused diets abused drugs and leaving sedentary life behind. Be on the move. Some famous philosopher once said “First in the mind, then in action!”

Go to your family doctor first for your complete physical exam, comprehensive metabolic profile and exercise stress test. Let your doctor assess your mental and physical health and prescribe a good program for you.

Effective forms of aerobic activity walking, jogging bicycling swimming, cross country skiing, aerobic dancing step, aerobics, etc....with supervised times, duration and pulse rates and periodic evaluations are a must for maximum success and assure injury avoidance.



People in the stand at the Olympics statistically die at the same age as the Olympians, not so!  
Runners who participate in the Olympic games in the 10k and marathon seem to live 7 years  
longer than the people in the stands. MOTION IS LONGEVITY, DO IT, GET IT, KEEP IT,  
LIVE IT, LIVE HEALTHY LIVE LONGER.....

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