

Exercise, ugh! This is the usual response I get when I tell a patient that they need to exercise. I believe the idea of it is not well understood, so let me explain.

If the purpose is to improve our health through exercise, then we should do exercise in a way that protects against injury. To know if we are gaining benefit it should also be measurable. And, like any kind of maintenance, we want the greatest benefit in the least amount of time. What if I told you this is achievable in a 15 minutes a week?

When I first read about this system of exercise, I thought it was crazy too! So if you know you should exercise but just can't get your head wrapped around why and what to do, read on.

As we age one of the biggest changes we feel is the loss of strength. In fact, physiologists state that we start losing muscle by the age of 20, but as all of you over the age of 45 know, we really start feeling it after 40. The shocking fact is that we

Medical Exercise For Functional Fitness

By: Dr. Nik Bair-Patel



could be losing up to 6.6 pounds of lean mass per decade. No wonder we feel weak and tired.

This muscle loss has shown to contribute to an increase in blood pressure, cholesterol, blood sugar, and body fat, while also causing a decrease in bone density, basal metabolic rate and aerobic capacity. As I read all of the wonderful information in the book, *The 10 Biomarkers of*

Aging, I realized I could make exercise accessible to my wife, Rebecca, and all the people like her, who despise it.

After 12 weeks of Rebecca and I doing the program, two amazing things have occurred. First, Rebecca actually wants to workout after seeing the benefits. Second, I have increased my strength by over 40%. I am hooked; not only

because of our experience, but also from the experience of other patients who report improved energy, endurance and better range of motion. As a result, we have invested in the best exercise rehabilitation equipment available to ensure our clients get the optimum results from their time in exercise.

Just like you save for financial security in retirement, investing 15 minutes per week now will ensure a brighter more independent life well into the future. Ask us about our Medical Exercise for Functional Fitness program today.

ASK THE EXPERT:

Dr. Nik Bair-Patel, Chiropractor
Patrick Aikens, Bkin, BPhEd
Integrated Health Centre
570 Nelson Street,
Pembroke, Ontario
Phone: 613-732-3333
info@integratedhealthcentre.ca
www.integratedhealthcentre.ca



Abuse Happens.
It doesn't have to.

Healthy relationships create healthy families, and healthy families create healthy communities. If you or someone you know is experiencing abuse, call us today.



www.wsssbmh.org

Shelter Support & 24hr. Crisis Lines:
1-800-267-4930 or 613-732-3131

All calls are confidential

YOUR health, Naturally

Ask me about

- Pain management
- IV therapy
- Mental health
- Family health
- Speaking engagements
- Healthy living at 60+
- Wellness programs
- Acupuncture
- Integrative cancer care
- Well-woman visits

BOOK YOUR FREE
INTRODUCTORY VISIT TODAY!



1169 Pembroke St. E
(out of Active Chiropractic)
613-732-9215
info@valleynaturopath.ca



Labyrinth Pillows
Therapeutic Wheat Bags
Handmade Quilts

Gifts from the heart
for health and home.



joyceml@bell.net
Phone: 613-687-2896
235 Biesenthal Road in Petawawa