



The Healing Power of Exercise: Your Guide to Preventing and Treating Diabetes, Depression, Heart Disease, High Blood Pressure, Arthritis, and More

Linn Goldberg, Diane L. Elliot

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LEARN HOW EXERCISE CAN . . .

- * Increase bone health
- * Offer relief for arthritis and back pain
- * Lower your risk of developing certain cancers
- * Lower high cholesterol and improve triglyceride levels
- * Treat heart disease
- * Slow (and even reverse) aging
- * Burn fat and build muscle
- * Reduce your risk of developing glaucoma
- * Elevate your mood and fight depression
- * Boost your energy level

Do you have the time to exercise 90 to 120 minutes a week (that's just 30 to 40 minutes three times a week)? If you do, medical studies indicate that you can accomplish a death-defying act. You will feel better, roll back your physiological clock, and gain more benefits than from any potion or pill ever invented. In *The Healing Power of Exercise*, Drs. Linn Goldberg and Diane Elliot--two of the top medical experts in the field of exercise therapy--share with everyone their vast knowledge about the medical benefits of physical exercise. This book is based on the authors' groundbreaking medical textbook, *Exercise for Prevention and Treatment of Illness*, which opened eyes in the medical industry to the benefits of exercise. Packed with fascinating true-life stories and engaging writing, *The Healing Power of Exercise* explains exactly why "exercise is the best medicine." The authors cover more than ten common illnesses, discussing how exercise can help prevent or treat them. They clearly show you which exercises (and how much) are right for what ails you. With fascinating and informative medical sidebars, step-by-step photos, and detailed advice, Drs. Goldberg and Elliot help you tailor your own personal exercise program and get you motivated to start on it--and stay on it. For life.

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Alyssa Lewis:

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