

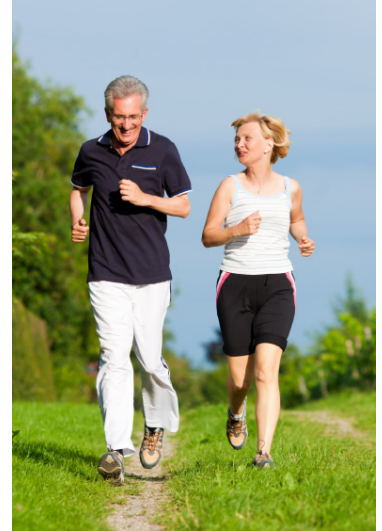
### *Lack of Exercise A Leading Cause of Disease, Lost Quality of Life, and Early Death*

Naci, H, & Ioannidis, J. (2013). Comparative effectiveness of exercise and drug interventions on mortality outcomes: Metaepidemiological study. British Medical Journal 347:f5577

#### QUOTE BOARD:

"Physical activity has well documented health benefits. Randomised controlled trials have shown favourable findings in arthritis, cancer, diabetes, heart disease, and respiratory illnesses, among other chronic conditions [including depression, anxiety, and sleep disorders]."

"Large scale observational studies have also established a clear association between exercise deficiency and all cause mortality [death]."



#### What You Need to Know:

Daily exercise is the single greatest intervention ever studied for recovery, wellness, and prevention. The reason is that daily exercise is a genetic requirement for the expression of health in the human species. Humans genetically require exercise in order to express our genes in a way that produces healthy cell function.

A deficiency of exercise is perceived by our brain as a stressor and as a result the genes in the cells of our brain are expressed in a way that increases the release of stress hormones and decreases the release of the hormones required for healing, growth, and repair.

Stress hormones are at the root of virtually every chronic illness including heart disease, cancer, diabetes, obesity, digestive problems, depression, anxiety, sleep disorders, fatigue, and low sex drive.

Further, our bones, joints, muscles, ligaments, and tendons require daily exercise in order to remain strong, healthy, and free from pain and stiffness. Lack of exercise is a leading cause of arthritis, osteoporosis, and muscle and joint pain and stiffness.

#### What You Need to Do:

You need to Move Well! You need to engage in a bare minimum of 30 minutes of rigorous physical activity EVERY DAY. If you feel you would benefit from following an individualized lifestyle plan please ask your practitioner about the 90 Day On-Line Innate Lifestyle Plan or go to [eatwellmovewellthinkwell.com](http://eatwellmovewellthinkwell.com).