



# High Springs Family Chiropractic and Physical Medicine



*Taking care of the whole you!* • 386.454.3941

## **Benefits of Exercise Therapy**

Exercise Therapy Reduces Risk of Disease

Exercise Therapy Promotes Safe Exercise

Exercise therapists have the knowledge to design exercise programs that will:

Prevent or relieve pain and symptoms

Rehabilitate following injury

Change faulty movement patterns

Improve fitness and well-being

Exercise decreases pain and improves joints flexibility, muscle strength, general health and fitness.

Exercise therapy can help people with asthma reduce their risk of exercise-induced asthma.

Starting off slowly is the key to developing a safe exercise program if you're overweight or obese. Even if you don't lose weight, regular exercise will improve your fitness and reduce your risk of cardiovascular disease and other illnesses associated with being overweight.

Exercise therapy clears airways and builds muscle mass. Research demonstrates a clear link between regular exercise, weight gain, body mass, lung function and survival in Cystic Fibrosis sufferers.

Exercise therapy improves circulation; decreases blood glucose levels and can prevent someone at high risk of diabetes from developing the disease.

Exercise Therapy can reduce LDL (bad) cholesterol and improve HDL (good) cholesterol.

Attribute in part: (<http://www.naturaltherapypages.com.au>)