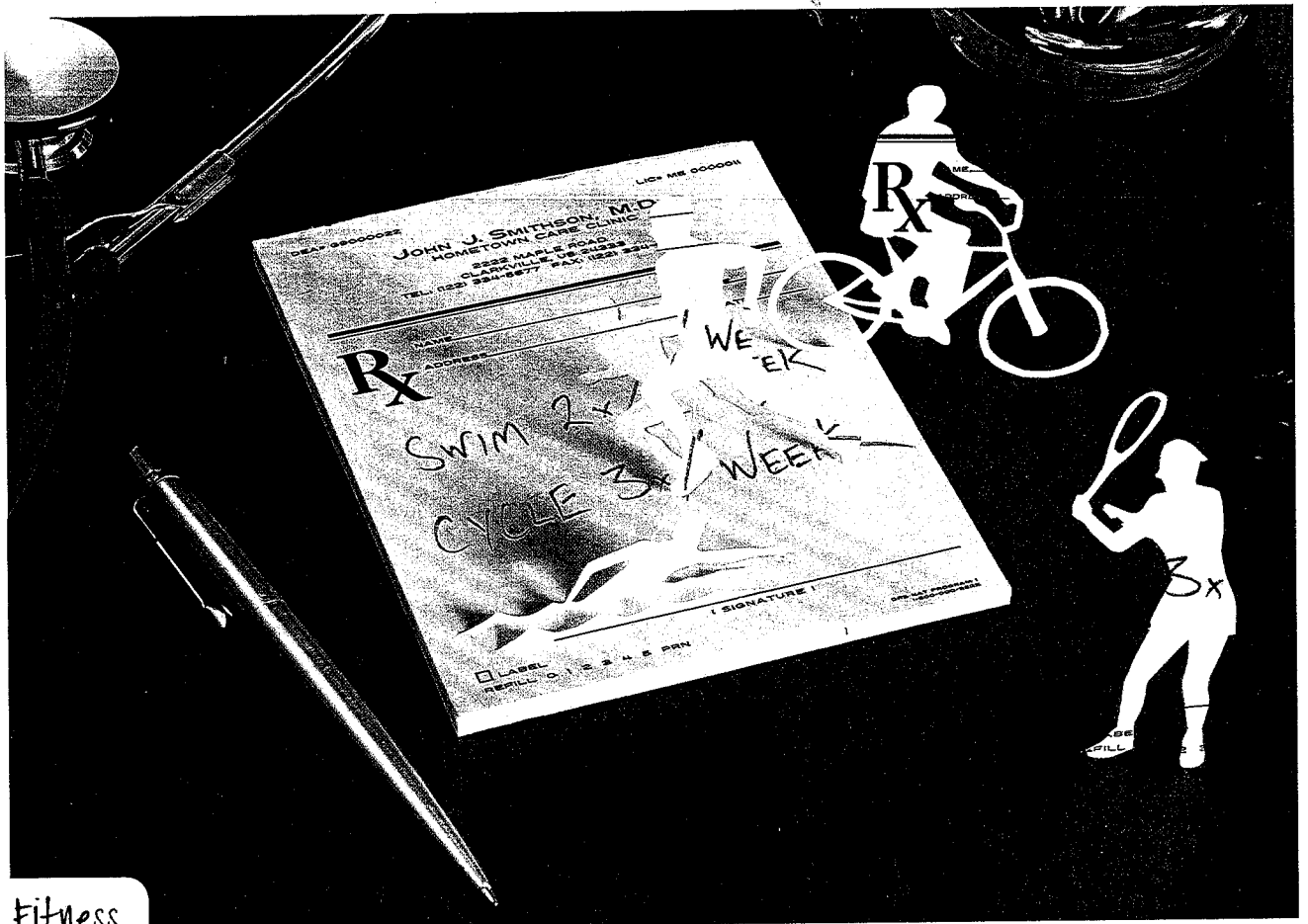


you & your

Health



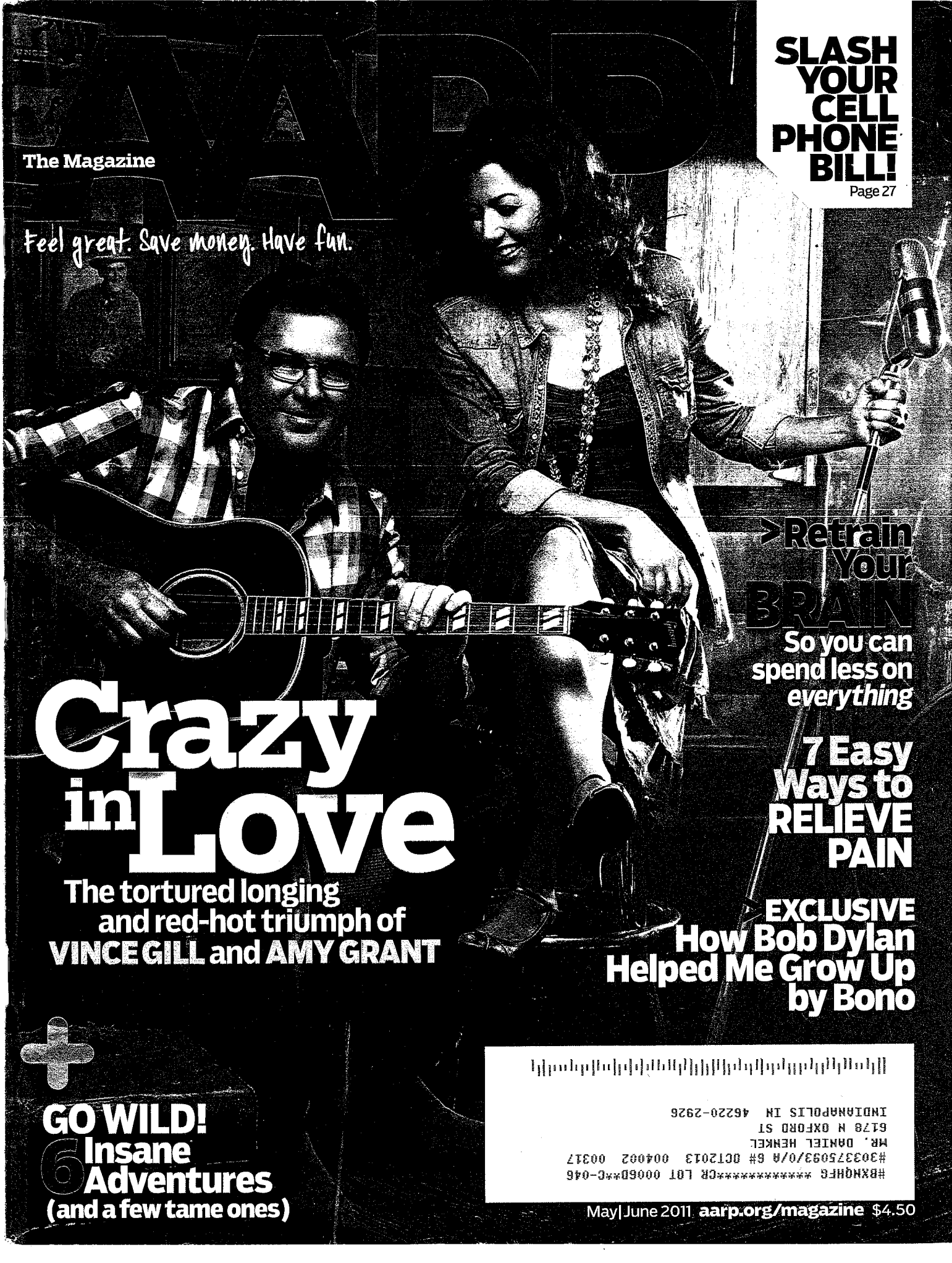
Fitness

R_xercise

Doctors prescribe workouts for better health

BY **SUSAN CRANDELL**
PHOTOGRAPH BY **ADAM VOORHES**

•“There’s power in the pad.” The prescription pad, that is. So says Pamela Peeke, M.D., spokesperson for Exercise Is Medicine, a global initiative that encourages doctors to prescribe exercise in the same way they prescribe medication. Early evidence suggests it works. In one study, New Zealand researchers prescribed exercise to 544 inactive women 40 through 74. After two years, 39 percent were still at it. “Exercise helps ensure you can lead the life you want, well into your 80s,” says Timothy Church, M.D., Ph.D., director of preventive medicine research at Pennington Biomedical Research Center in Baton Rouge, Louisiana. “There’s no pill for that.”



The Magazine

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Crazy in Love

The tortured longing
and red-hot triumph of
VINCE GILL and AMY GRANT

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Your
BRAIN**

So you can
spend less on
everything

**7 Easy
Ways to
RELIEVE
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**EXCLUSIVE
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**6 Insane
Adventures**
(and a few tame ones)

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