

Exercise- and Cure These Ailments

I came across this article on Yahoo Health, and felt it was important, and motivating enough to share. It's titled "Exercise- and Cure These Ailments" by Debbie Rocker, an avid athlete, fitness author, and celebrity trainer. It can serve as a valuable tool to combat "excuse-it is" which often hinders a regular exercise program. She compares exercise to a life-saving daily medication....If there were a pill that could make you live healthier and longer, all while feeling better- you wouldn't skip taking it, would you? This is precisely why- even when life gets hectic- we need to put our health first, and find time for fitness. Click through to the full article for helpful and realistic ways to handle common obstacles on the path to fitness.

<http://health.yahoo.com/experts/rockertraining/11620/exerciseand-cure-these-ailments/>