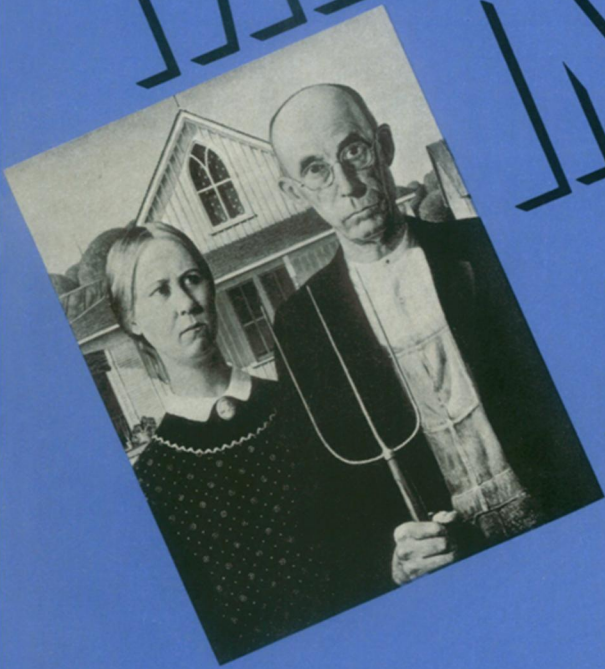


# science news

JULY 29, 1978  
VOL. 114, NO. 5, 65-80

# MIDDLE AGE IN AMERICA



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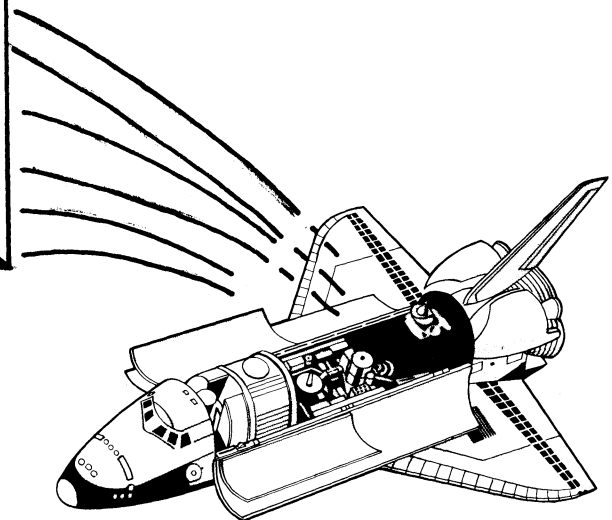
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# executive health

the report that briefs you on what to watch

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## New research findings . . .

### ON WALKING . . . nature's own amazing "anti-age antibiotic"!

Not running, not jogging, but *walking*  
is your most *efficient* form of exercise  
and the *only* one you can *safely*  
follow *all* the years of your life!

Today, after some 2000 years, modern medical researchers are demonstrating (somewhat to their surprise) that Hippocrates, "the father of medicine" was right . . . walking is man's best "medicine"!

Take one example. At a three-day conference on *Exercise in Aging—Its Role in Prevention of Physical Decline* (held October 27-29, 1977, at the National Institute of Health, Bethesda, Maryland) researchers from across the United States, Canada and Western Europe presented papers on this (until now) largely neglected area of research. As their papers were presented, these important points of agreement emerged:

(1) Walking is the most *efficient* form of exercise . . . and the *only* one you can safely follow all the years of your life.

(2) Exercise can enable your body to maintain a *vital reserve* which has a protective effect during stress.

(3) Exercised *bones* do not demineralize. As a result they are far less likely to break or lose their range of motion.

(4) Exercised *lungs* still exhibit the emphysema-like changes of age, but are far less diminished in their capacity compared to the lungs of sedentary people.

(5) Exercised *cardiovascular systems* show a similar maximum preservation of function.

(6) The benefits of exercise in preventing or correcting obesity are striking.

(7) Late-onset diabetes is almost entirely reversible by exercise if you are overweight.

(8) Daily exercise permits greater food intake and better blood circulation, thus improving each body cell's nourishment while preventing obesity.

(9) The physically impaired, particularly the arthritic, can perhaps benefit the most from exercise . . .

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