

# Health & Fitness

## Working out is not just for the young

By Wayne Matus

Is working out for only the young, buff-guys/gals or for the rest of us who would still like to look like one of them? Exercise does more than make you look great in your clothes or on the beach. It is one of the main ways of protecting your health and your heart, of lowering your cholesterol, and of raising those endorphins that everyone's talking about.

"Fitness is absolutely the most powerful predictor of deaths from heart disease and other causes," says Rita Redberg, M.D., a cardiologist from the University of California, San Francisco, and the science adviser for the American Heart Association's Choose to Move program.

Regular exercisers have proven to have up to a 50 percent lower chance of having a heart attack or chest pain and a lower risk of other diseases, as well. People who exercise regularly from three to five times a week live longer, feel better, and, of course, look better. Even smokers improve their overall health by exercising.

A recent study published in the Journal of the American Medical Association found that when it comes to protection from heart disease, being fit might be more important than being thin, particularly for women. In a recent project conducted by the University of Florida and Cedars Sinai Medical Center in Los Angeles, research on some 900 women revealed that those who were at least moderately active were less likely to develop heart disease and related illnesses than women who were less active, regardless of their weight.

We all know that not working out is extremely damaging. There are a number of obvious benefits to exercise:

- weight loss or weight maintenance
- the lowering of blood pressure and cholesterol
- heart rate reduction, which reduces the overall demand on the heart

Exercise is the single best prescription a doctor can give you, once they have given you the green light to take on an exercise routine. Exercise influences your total health profile, not just cardiovascular health.

The most recent government guidelines recommend 60 minutes of physical activity daily, but just getting started for most people is the hard part. Ten, 20 or 30 minutes is not a bad place to start. It is never too late to start exercising, no matter how old or out of condition you are. If you have not seen a doctor for a while, then be smart about how you approach a new exercise program. Get cleared by your physician.

I love that the majority of the new clients that I am seeing start out by saying that they want to feel better. Yes, weight loss is still the main goal, but people nowadays seem to recognize that quality of life is the most important benefit to gain from a high-quality exercise

program.

Wayne Matus is the owner of *Fitness Together*, located at 3585 Route 9 north, Freehold. Call (732) 431-5555 for a free consultation and personal training session.

### The IMPORTANCE of a COLONOSCOPY

Colon cancer is the second most common cancer among Americans. Colon cancer occurs equally among men and women. Colon cancer is more common after the age of 50, but increases after the age of 40, and on rare occasions can occur in younger people. Colon cancer is preventable and is curable with early detection.

Most colon cancers develop from benign growths called colonic polyps. Over several years these polyps can grow unnoticed until they develop into a colon cancer. Colonic polyps and early colon cancers may not cause any symptoms. However, rectal bleeding, altered bowel habits, fatigue, and abdominal pain may be warning signs of a colon cancer or colonic polyp.

Although public awareness has increased with regard to colon cancer screening, many people still have not been evaluated. Colonoscopy is the most accurate screening test available to detect colon polyps or colon cancer. A baseline Colonoscopy for people at average risk should begin at age 50. Individuals with risk factors or symptoms suggestive of colon cancer or polyps should be evaluated before age 50.

Colonoscopy can be safely be performed in an outpatient setting using lightsedation. The procedure is usually completed within 30 minutes. Colonoscopy should only be performed by a qualified physician such as a Board Certified Gastroenterologist.

Dr. Steven C. Nadler, a Board Certified Gastroenterologist, practices with Middlesex Monmouth Gastroenterology, P.C. Offices are located in Freehold, Old Bridge, and Holmdel. In addition to several area hospitals, colonoscopies can be arranged at The Endoscopy Center of Monmouth County.

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Presented by  
**STEVEN C. NADLER, M.D.**



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*David Cottone*

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