

Exercise now less pain later

Question: I have been debating with my children about the importance of exercise and how it will prevent problems for them in the future. We want to know if this is true?

Answer: It is true! Exercising as a youth and throughout your life minimizes joint pain and arthritis. Our bodies are similar to fine tuned machines with many parts, especially the joints. Joints require movement and lubrication to function and stay fit. Exercise puts joints through their ranges of motion and demands more blood supply which flushes out the dead stagnant tissue and revives the joints with fresh vitamins and minerals, which lubricate, nurture and heal the joints. Exercising as a youth prepares the joints for additional stresses put on us as adults. Joints have memory tissue that can recall its history of utilization. Muscles attach to joints and give them their motion when they contract. Toned and strong muscles keep the joints stable and healthy.

Chiropractors have been stating this for a long time, and now even more evidence suggests that exercise may prevent pain. For 14 years researchers at Stanford University annually surveyed 900 U.S. adults over the age of 50; the subjects were questioned on amount of time devoted to vigorous exercise per week and amount of pain or stiffness experienced in the previous week. Those who reported exercising the most consistently reported the least painful joints and muscles. Throughout the 14-year-old study the active adults had pain-related scores that were 25-percent lower than peers. It was also found that those who exercise also had a lower rate of arthritis.

With obesity in youth the number one health concern in our future, exercise has never been so essential as now. Public school education has reduced the gym time in most parts of our country, so it is up to the parents to insist on exercise for their children. Physical exercise breeds mental awareness and happier children in the present and reduction of painful joints or arthritis in the future.

Quote of the week: *“Every intersection in the road of life is an opportunity to make a decision.”* – Duke Ellington