

CHIROPRACTOR

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**Do I really
need to
exercise?**



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ANSWER: Yes!!! Did you know that only 50% of the population between 12 and 21 are physically active? According to the National Association for Sports and Physical Education, children should have several 15 minute sessions of age appropriate physical activity totaling at least 1 hour per day most days of the week. They should also avoid extended periods of physical inactivity (2 hours or more at a time). Some of the most common benefits from staying physically active are the prevention of childhood obesity and Type 2 Diabetes. The American College of Sports Medicine and the Center for Disease Control recommend that adults have at least 30 minutes of moderate to intense physical activity most days of the week, if not every day. **STAY ACTIVE!!!**