



# Health Tips

Your Good Health Information From eDocAmerica

with

Dr. D



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### Health Tip: eFitness ---The latest service from eDocAmerica

By now, almost everyone is aware that there are proven health benefits to getting regular exercise. But just in case you need a reminder, how about these facts:

1. Regular exercise can help prevent or manage a number of chronic conditions such as high blood pressure, elevated cholesterol and diabetes.
2. Exercise has been shown to stimulate certain brain chemicals, improving your self-esteem and leaving you feeling happier and more relaxed.
3. Exercise helps to strengthen and improve the efficiency of your cardiovascular system allowing you to do more physically with less effort.
4. Exercise burns calories and can help keep your weight under control.
5. And perhaps most importantly, exercise has been shown to significantly reduce the risk of premature death from heart disease, stroke and certain types of cancer.



**eFitness** is a new service being offered through eDocAmerica that is designed to assist those with exercise-related questions. Dr. Kent Davidson, the author of the weekly Health Tips column, will be handling this communication. Dr. Davidson is a Board Certified Family Physician who has received a Certificate of Added Qualifications in Sports Medicine from the American Academy of Family Physicians. He has years of experience in private sports medicine practice and working with athletes.

A life-long exerciser himself, Dr. Davidson has participated in a number of ultra-endurance events including the Raid Gauloises (a 500 mile adventure race through the Himalayas), the Texas Water Safari (a 250 mile non-stop canoe race), the Elk Mountains Grand Traverse (a cross-country ski race from Crested Butte to Aspen, Colorado), and has finished the Leadville 100 mountain bike race on several occasions. He has served as a team physician for professional Hockey, Football and Basketball teams and as the medical director for the Little

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## Rock Marathon.

As rewarding as his own physical endeavors have been to him, he finds equal satisfaction in helping others to experience the joy and health benefits of exercise. Dr. Davidson welcomes messages from beginning exercisers to elite athletes alike.

Here are a few of the questions that Dr. Davidson has addressed through eFitness:

- Which is more beneficial, aerobic (cardio) exercise or resistance (weight) training?
- Can you give me suggestions for getting my kids interested in exercising?
- What is the best type of exercise program to help with weight loss?
- Would you give me some advice on starting a walking program?
- How do I deal with the aches and pains that occur when exercising?
- What is the best way to improve my climbing performance for bicycle racing?
- Could you offer some advice on preventing altitude sickness?
- Do you have an exercise program that will help with my chronic back pain?
- What can I do to prevent running injuries?



Let Dr. Davidson know if he can help you with your exercise-related questions.



A second new service, **eDietitian** will be on-line soon---more on this later.

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