

Living on WELL Street Blog: **“Warning: Please Talk to Your Doctor Before Beginning Any Prolonged Period of Inactivity!”**

By Michael White, Worksite Wellness Technical Assistant, We Choose Health

That’s right, the danger is not in what you do, it’s in what you choose not to do.

I wish I could take creative credit for the blog’s title, but I can’t. A respected leader in worksite wellness, Dr. Steven Aldana, CEO and founder of WellSteps, said it first. He was asked in an interview if he recommended that people meet with a physician prior to starting an exercise program. Dr. Aldana responded with, “To the contrary, I suggest that if people plan on being sedentary for the indefinite future, they should go to the doctor and get permission to do so.”

Here are some additional quotes from Dr. Aldana:

Exercise and Depression

"Data is suggesting that exercise, in and of itself, is as effective as the very best antidepressant. So, in the area of depression, exercise is probably the top prophylactic found to help people along the way."

Exercise and Aging

"The basic rule is if you’re regularly physically active, your physical age is 20 years younger than your physical chronological age. In other words, if you’re regularly physically active and you’re older, your body acts as if you’re 20 years younger."

The Power Of Physical Activity

"If you could take this component of exercise and sell it as a pill, it would be the single most effective medication ever devised in the history of mankind."

Communicating The Message Of Physical Activity

"I have been very, very disappointed in exercise physiology scientists’ ability to communicate effectively with the public. They have created formulas that suggest the ideal prescription for exercise. So many calories per hour, heart rate in this range, target heart rate, ideal heart rate, resting heart rate, etc. They’ve made it as if I’m doing my taxes."

Exercise And The Value Proposition

"You have to offer your employees something of value to get them motivated to exercise. There has to be a value proposition for people to engage in physical activity. They have to know what’s in it for them."

Live Actively!

Michael