



GDC Coaching

Specializing in Weight Management

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Exercise: The Best Medicine

By Michelle May, M.D.

If you could bottle exercise, you'd have the closest thing there is to a wonder drug for health and energy.

Brand names: Exercise or Physical Activity

Numerous effective generics available: aerobics, basketball, bike riding, body sculpting, dancing, hiking, housework, jogging, jump roping, playing with children, racquetball, rowing, stretching, swimming, tennis, walking, walking the dog, weight lifting, working out, yard work, yoga, Zumba, and many others.

My preferred brands:

Indications: Shown to be very effective for the relief of fatigue, stress, low self-esteem, insomnia, boredom, and symptoms of depression and anxiety. May prevent, improve, or delay the onset of the following conditions: diabetes, high blood pressure, high cholesterol, heart disease, overweight/obesity, some types of cancer, some forms of arthritis, fibromyalgia, premenstrual syndrome, constipation, addictions, and many other health problems.

Benefits: Increased energy and productivity, healthier body composition, increased metabolism, improved sense of well-being and appearance, better sleep patterns, improved sex life, improved appetite regulation, lower blood sugar, lower heart rate and blood pressure, higher HDL (good) cholesterol, improved blood sugar control, and reduced risk of cancer.

How physical activity benefits me:



Side Effects: Patients report feeling stronger, healthier, more energetic and youthful.

Precautions: You should consult with your physician first, especially if you have any chronic medical conditions, heart problems, or unexplained symptoms. If you develop unexpected shortness of breath; chest, jaw, neck, or arm

pain or pressure; rapid or irregular heart rate; lightheadedness; pain or any other unexplained symptoms—stop and seek immediate medical advice and attention.

Dosage: Start with small doses taken most days of the week and increase gradually as tolerance develops. Dosage may be adjusted if necessary to accommodate other responsibilities. Due to the many beneficial effects, however, consistent usage is very important. Choose among the numerous generic brands available. Alternate brands as needed to improve overall level of fitness and maintain interest and motivation.

My goal(s) for this week:

WARNING: Likely to become habit-forming when used regularly.

This is an excerpt from *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*.

Michelle May, M.D. is a recovered yoyo dieter and the founder of Am I Hungry? Mindful Eating Programs and Training.