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Help Your Doctor 001

How Healthy is Your Lifestyle?

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This is Monte Ladner from FitnessRocks.org. The choices you make every day about the food you eat, whether you smoke, and how much you exercise have a direct impact on your health. In fact, the World Health Organization has stated very clearly that 80% of all cases of coronary heart disease, 80 – 90% of all cases of type 2 diabetes, and 30 – 40% of all cancers can be prevented if people adhere to some very basic healthy lifestyle habits like not smoking, eating a diet high in fruits and vegetables, and getting regular exercise.

Dr. Mathew Reeves of Michigan State University published a study in the Archives of Internal Medicine in which he reported on just how well adult Americans are doing at living a lifestyle that would significantly reduce their risk of chronic diseases. Dr. Reeves looked at 4 healthy lifestyle habits: Not smoking; maintaining a healthy weight; eating 5 or more fruits and vegetables per day; and exercising regularly.

He found that 76% of adults don't smoke. Only 40% of adults have a healthy body weight. Only 23% of adults eat 5 or more fruits and vegetables every day. And, only 22% of adults get enough regular exercise. But, the prevalence of people who do all four of these healthy lifestyle habits is only 3%! In other words, practically nobody is living

the lifestyle that the World Health Organization has stated, based on peer-reviewed medical research, would almost eliminate coronary heart disease, type 2 diabetes and roughly one third of all cancers.

Research in the past few years has demonstrated that what we eat and how much we exercise actually affects how the genetic information in our DNA is expressed in ways that either increase or decrease our risk for most chronic diseases – including cancer.

Join me each week as I review the medical research that can help you live a healthy, fulfilling life. For expanded programs and interviews with the medical scientists publishing the papers I discuss you can listen to the Fitness Rocks podcast at iTunes or at the Fitness Rocks website – www.fitnessrocks.org. An interview with Dr. Mathew Reeves about his research on the health habits of Americans is available in Fitness Rocks Podcast 103.

Until next week, this is Monte Ladner from FitnessRocks.org ... Have a great workout.