



# MISSISSIPPI STATE UNIVERSITY™

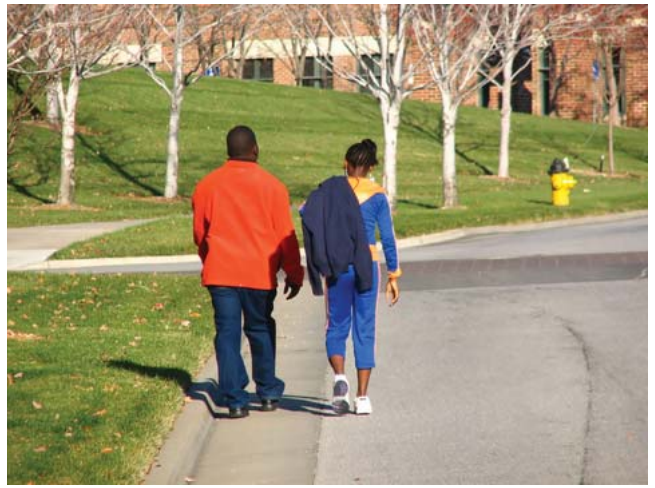
Launch Date:

Mississippi State University Exercise is Medicine

09/09/09 at 9:09 AM

Front of Colvard Student Union

Additional Information:  
[www.health.msstate.edu](http://www.health.msstate.edu)



## Get your prescription today!!

If you could get a prescription for a medication to help lower your blood pressure, treat or prevent diabetes, help with arthritis pain, help you lose weight and more would you call your physician today for a prescription? Well you can....it's exercise.

### Exercise is Medicine.

Exercise is Medicine is focused on encouraging health care providers to include exercise when providing a treatment plan for patients. Physical inactivity contributes to a variety of chronic health diseases and health complaints. "There are few chronic diseases that cannot be improved by a regular exercise program. While Diabetes, Heart Disease and Hypertension are the ones most often mentioned, Arthritis, Obesity, Anxiety, and Depression are all improved with a regular exercise program. Regular exercise is a necessary component of any rehabilitation protocol whether it is for acute injury or chronic problems," stated Dr. Bob Collins M.D., Director of University Health Services at Mississippi State University.

### Exercise is Medicine - The Facts

- A highly fit man in his eighties has a longer life expectancy than a low fit man in his sixties!!
- It is better to be fat and fit than skinny and unfit.
- Exercise is as good as other treatments (pills and therapy) for clinical depression!!!

**Faculty and Staff that obtain a prescription for exercise are eligible for a free month at the Sanderson Center (Sept 9 - Oct 9) and students will receive a free workout towel, while supplies last.**



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**MISSISSIPPI STATE UNIVERSITY™**  
**Bring a physician's prescription**  
**for exercise from a Longest Student Health Center Physician to the Sanderson Center**  
**RECREATIONAL SPORTS**