

Livingston HealthCare offers 'Get Active!'

By Enterprise Staff

Livingston HealthCare will host "Get Active!" on Tuesday, March 31, 7 p.m. in the Community Room at the Livingston-Park County Public Library.

The purpose of "Get Active" is to inform the public about the benefits of exercise.

According to a LHC news release, chronic diseases like diabetes and heart disease afflict 100 million Americans. The diseases cause seven out of 10 deaths, and consume \$2 out of every \$3 spent on health care in the United States. Much of this could be lessened

with some simple lifestyle changes — such as exercise.

"Exercise can help reduce weight and body mass index, which have a huge impact on overall health," said LHC's Hannah Sexton, PA-C, in the release. "In addition, activity can improve mood and strengthen cardiovascular health along with a host of other benefits. Even a small amount of regular exercise can be valuable."

As many as 50 percent of American adults don't get enough daily activity, according to the release. But regardless of where a person is starting from, exercise can improve their health. It is

especially true for anyone who has high blood pressure, high cholesterol, diabetes, depression or a range of other chronic health issues.

At the free "Get Active" session, Sexton will share how to overcome the barriers that prevent people from getting active, and she will outline an eight-week exercise program anyone can follow. Livingston HealthCare will also provide free pedometers to all attendees to help people get started.

Refreshments will be provided. For more information, visit www.livingstonhealthcare.org or call 823-6261.