

Your Weekly Medical Advice

by Dr Malcolm Altson

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

The Wonder Medicine

Did you know that there is a medicine that prevents heart attacks, treats diabetes, helps depression, battles obesity, reduces blood pressure, delays dementia, decreases the pain of arthritis and prolongs life?

Wouldn't you think it would be a best seller? Well it can actually be free! It doesn't require big pharma or a complex business model.

What I am talking about of course is exercise.

Any exercise will help. The Heart Foundation recommends 30-45 minutes of moderate physical activity (such as a brisk walk) most days of the week.

This does not need to be done all at once and 3 shorter bouts of 10-15 minutes could offer the same benefit.

Muscle toning, which is some form of resistance exercise, should be done twice a week. This may be some activity such as gardening or a more formal program such as working out at the gym.

Whatever your disability, there will be someone that can organize an appropriate exercise program for you.

It is never too late to take charge of your life and start today!

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au