

Mayo Clinic Medical Edge

Improve Your Health

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	TODAY'S LUNCH MENU AT STEPHANIE YERHOT'S HOUSE IS EGG FRITATTA WITH...
Stephanie Yerhot	"TOMATO AND MUSHROOMS."
	EATING RIGHT AND EXERCISING MORE TRANSFORMED STEPHANIE. BEFORE SHE WAS...
Stephanie Yerhot Chooses Healthy Living	"A GOOD 40 POUNDS OVERWEIGHT. THAT'S ABOUT HOW MUCH I LOST. 40 POUNDS."
	MAYO CLINIC DR. DONALD HENSrud SAYS IF PEOPLE MANAGE THEIR WEIGHT BY EATING A DIET RICH IN FRUITS AND VEGETABLES, WITH WHOLE

	<p>GRAINS, LEAN SOURCES OF PROTEIN, AND LIMITED SWEETS PLUS DO SOME TYPE OF DAILY EXERCISE AND DON'T SMOKE...</p>
<p>Donald Hensrud, M.D. Mayo Clinic</p>	<p>"THEY CAN NOT ONLY IMPROVE THEIR HEALTH, BUT ALSO FEEL BETTER AND IMPROVE THEIR QUALITY OF LIFE."</p>
	<p>POSITIVE CHANGES THAT MAY REDUCE THE RISK OF HEART ATTACK BY MORE THAN 80-PERCENT. THEY MAY ALSO LOWER THEIR RISK OF MANY CANCERS. MAKING LIFESTYLE CHANGES ISN'T ALWAYS EASY. IF YOU HAVE TO, START SMALL. YOUR HEALTH IS WORTH IT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>