

Mayo Clinic Medical Edge

Everyone Can Exercise

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	I WOULDN'T KNOW WHAT TO DO! MY KNEES OR HIPS HURT TOO MUCH! OR, I'M TOO OLD FOR THAT NOW! THERE ARE LOTS OF EXCUSES OUT THERE. BUT MAYO CLINIC DOCTOR AND SPORTS MEDICINE SPECIALIST DIANE DAHM SAYS...
Diane Dahm, M.D. Track 4 (9:32)	"THERE'S ALMOST NO ONE THAT CAN SAY THEY CANNOT EXERCISE."
	EVEN PEOPLE IN WHEELCHAIRS OR IN THE HOSPITAL CAN FIND WAYS TO EXERCISE THEIR UPPER BODIES. DR. DAHM SAYS ONE OF THE MOST FREQUENT THINGS SHE

	HEARS ABOUT IS JOINT PAIN
Dr. Dahm Track 4 (6:42 & 7:13)	“PEOPLE NEED TO UNDERSTAND THAT THERE ARE DIFFERENT TYPES OF EXERCISE THAT WILL ALSO ACHIEVE FITNESS. IF YOU CAN'T WALK FOR EXERCISE YOU MIGHT BE ABLE TO BIKE FOR EXERCISE, OR USE AN ELIPTICAL TRAINING OR A CROSS COUNTRY SKI MACHINE. IT'S IMPORTANT TO TRY THESE DIFFERENT TYPES OF LOWER IMPACT EXERCISES BEFORE GIVING UP.”
	IF YOU HAVE AN INJURY OR OTHER MEDICAL CONDITION, BE SURE TO TALK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.