



# Intermountain<sup>®</sup> Live Well

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# Physical Activity

## *Benefits to exercise:*

- Reduces the risk of: Heart Disease, Stroke, Colon Cancer
- Achieve and maintain Healthy Body Weight
- Reduces Feelings of Depression
- Builds Healthy bones, muscles, and joints
- Improves agility and balance
- Lowers Cholesterol
- Lowers High Blood Pressure





It is well documented that for every mile you jog, you add 1 minute to your life. This enable you at 95 years old to spend an additional 5 months in a nursing home at \$5000 per month.







- About
- For Teachers
- For Teens
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# Move Well

Increase physical activity and set goals to enjoy a better life



Eat Well

Move Well

Feel Well

Be Well

Habits ▶

Sports Performance

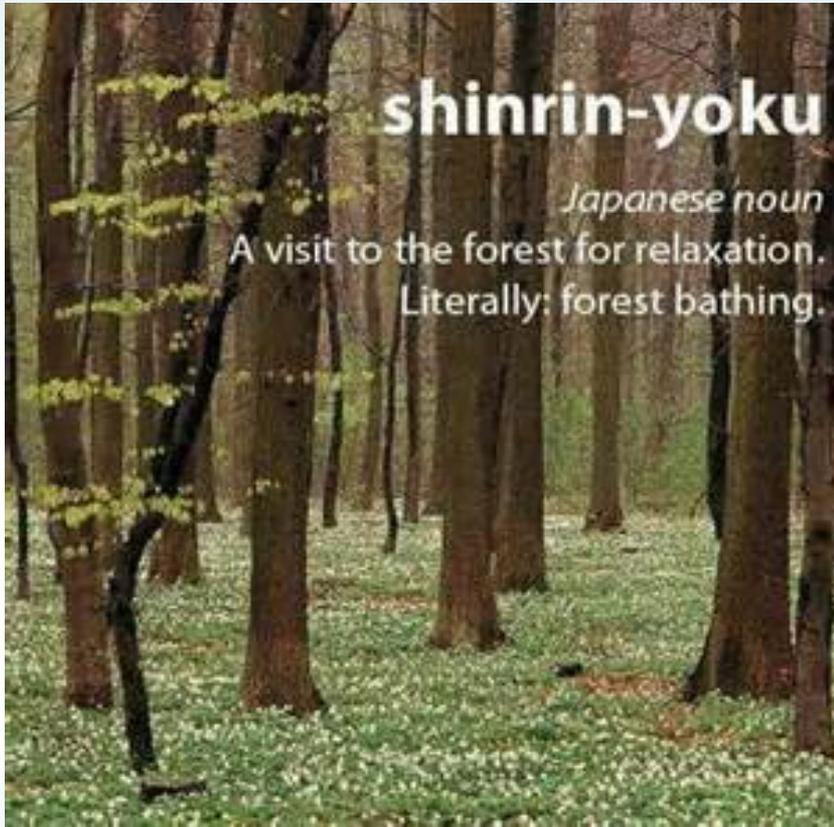
## Healthy Hikes











# Benefits

- Lower Blood Pressure
- Reduced Stress
- Increase Immunity
- Improved Well-Being
- Reduced Cortisol



# How and Who do we Target

- The Inactive
- Parents & Grandparents for the Children
- Those with Economic Disparities

***“Exercise is Medicine” or “Park Prescriptions”***

