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A playful, refreshing manifesto in favor of movement.

What's the cheapest and most effective medication? The best therapy available? Exercise! All scientific studies say so. Physical activity benefits the body, lengthening lifespan, lowering the risk of depression and injury, preventing and treating cardiovascular disease, diabetes, and cancer. It can even delay the onset of Alzheimer's! Alexandre Feltz encourages more exercise to narrow the health gap among his patients. With practical tips for environmentally friendly activities: stair climbing, yoga, Nordic walking, long strolls, cycling.
