TODAY IS NATIONAL WOMEN’S HEALTH AND FITNESS DAY - IT’S A MOMENT TO HIGHLIGHT THE FACT THAT MANY U-S WOMEN NEED TO INCREASE THEIR PHYSICAL ACTIVITY TO PROMOTE THEIR LONG-TERM HEALTH.

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS BIG LIFESTYLE CHANGES ARE GREAT- LIKE HITTING THE GYM. BUT JUST GOING FOR A WALK EVERYDAY IS PROGRESS, TOO. IRVIN SAYS OFTEN WOMEN GET SO BUSY CARING FOR OTHERS- THEY FORGET TO TAKE CARE OF THEMSELVES.

And so having a day to help remind us to steer us in the right direction is great. You know, almost two-thirds of women don’t do the amount of physical activity they need in a day for their bodies. And twenty five percent of women are completely inactive. So having this day can help remind us how important this is.

ONE USEFUL TIDBIT FROM DR. IRVIN- SHE SAYS LIFTING WEIGHTS… EVEN LIGHT ONES… CAN MAKE A BIG DIFFERENCE. SHE SAYS STUDIES SHOW WEIGHTLIFTING HELPS MAINTAIN BONE DENSITY- WHICH MANY WOMEN LOSE AS THEY GET OLDER.