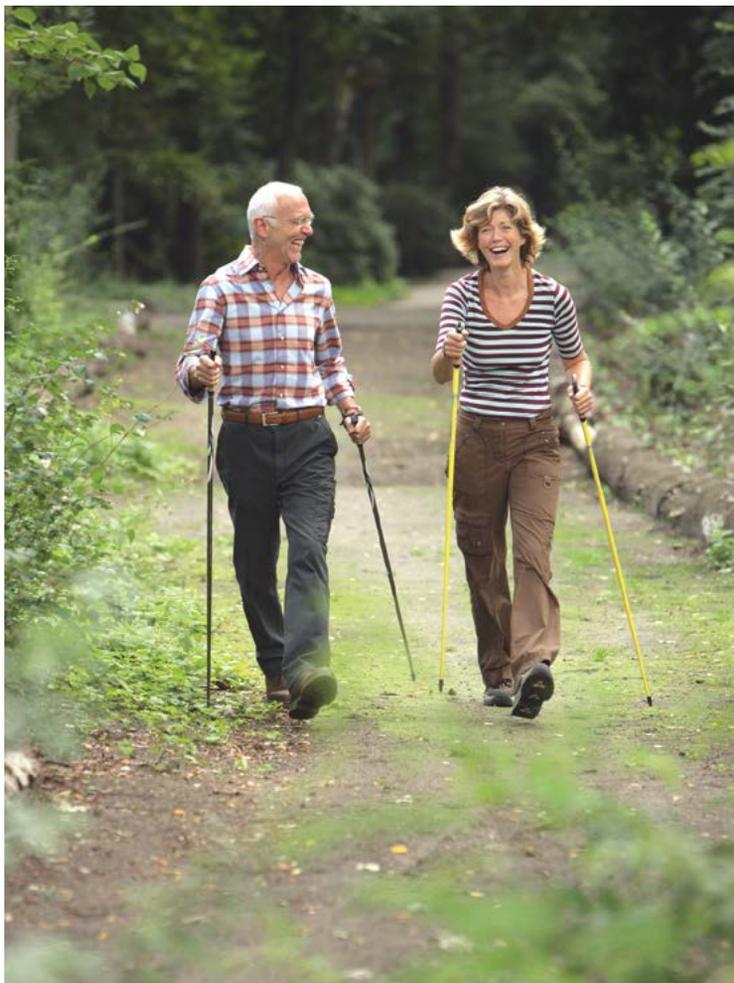
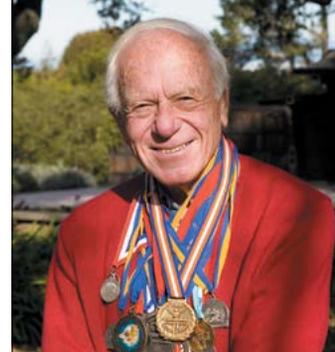


Walking the Talk

By Walter M. Bortz, II, MD



Many of the leaders are or have been my friends. We have co-partnered articles. We have co-presented at national meetings. We have traded editorial responsibilities. We share many devotions. We collaborate.

One of the principal out-reaches of the ACSM is their campaign entitled "Exercise is Medicine" spearheaded by a past president of the ACSM Dr. Bob Sallis of San Diego.

This effort is an emphasis on the virtually limitless benefit that exercise exerts on mankind's woes from cancer to heart disease to arthritis to diabetes. Exercise is an essential part of the prescription. Its value now even extends to the neurologic defects that are currently pervading our later years. The Exercise Medicine campaign is now international in scope.

On Wednesday I fly to Phoenix for the ACSM annual meeting. I feel very honored by the presentation of a Walter M. Bortz lecture on aging and exercise. This is a very important acknowledgment for me. I am extremely appreciative of this recognition.

I am sure that my 85 years helps to qualify me. I ran my 10 mile run yesterday up and down the mountain. So I walk the walk as well as talk it. Thanks, ACSM.

Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.

Editor's Note: For more insight on how the body ages over time, Dr. Walter M. Bortz has written an excellent book on the topic: "Dare To Be 100." Available from Amazon.com.

The American College of Sports Medicine (ACSM) is the mother church for the many of us who have embraced a physically active lifestyle as our principal strategy.

Our membership is around 6000 but our influence spreads far beyond. The exercise physiologists, the club trainers, PE instructors, the gym enthusiasts, clinicians, and corporate wellness types and myriads of others join our campaign for an active lifestyle for everyone. Michelle Obama's childhood fitness campaign is an allied effort.

Secrets of Longevity

