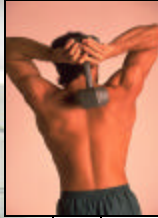


THE BACK PAGE

JAY M YATES, DC

FIFTH ISSUE

Sports injuries are some of the most common injuries that can occur to the musculo-skeletal system. Most of the time this is a result of a "Saturday Warrior" who thinks he or she is still a teenager and goes out without preparation and does something stupid and gets him or herself injured.



Some of the best exercises you can do to not only keep in shape but improve your health are free. Here are just a few that you maybe interested in.

While some fitness enthusiasts relentlessly seek out the latest, trendiest exercise crazes, many others are returning to good, old-fashioned walking to help them feel great and get into shape. Whether enjoying the wonder of nature, or simply the company of a friend, **Walking** can be a healthy, invigorating experience. And thanks to its convenience and simplicity, walking just might be right for you too, according to the American Chi-

ropractic Association (ACA).

You don't need to become a member of an expensive gym to go walking. And except for a good pair of walking shoes, it requires virtually no equipment.

"A sedentary lifestyle has debilitating influence on people's health as they age" says Dr. Yates "Exercise is imperative." Walking accomplishes all of the following and more:

- ? Improves cardiovascular endurance
- ? Tones muscles of the lower body
- ? Burns calories: about 80 if walking 2 miles per hour, and about 107 if walking 4 1/2 miles per hour
- ? Reduces risk of heart disease

The sport of **Tennis** is often saddled with a reputation for being a rather "dainty" game, thanks to the well-mannered fans who frequently grace the stands at professional tennis matches-not to mention the elite country clubs that typically provide tennis facilities. According to the American Chiropractic Association (ACA), however, the game of tennis can be not only an extremely physical challenge, but also a tremendously healthy endeavor.

"Tennis is a game that-if you start playing early and continue to play it-can actually reduce your risk of heart attacks because of the cardiovascular workout it provides," says Dr. Jay Yates.

One of the great things about playing tennis is that you only need to find one other person to play with in order to play a match. In fact, if you can find a tennis facility that has a tennis wall-or a wall with a horizontal line that simulates a tennis net-you can get a great tennis workout all by yourself.

"The combination of both high and low exertion levels that tennis offers can provide a unique exercise experience, as well as tremendous health benefits," says Dr. Yates. In addition to helping to reduce your risk of heart attacks, playing tennis can also tone the muscles of your upper and lower body, burn calories, and improve your balance, hand-eye coordination and agility.

Over the hill at age 65? Ready for the rocker at 70? Not these days. Americans are living longer and making more of their later years. One key is exercise.

"Perhaps the most debilitating influence in people's health as they age is a sedentary life," said Dr Yates. "Exercise of some type is all but mandatory."

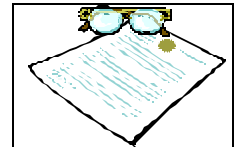
Otherwise, an individual may set him or herself up for broken bones, circulation problems caused by atrophying blood vessels, and a myriad of other physical problems associated with aging.

"Exercise, however, can improve a person's mobility, digestive processes and circulation. It can also reduce anxiety. Add

NEWSFLASH

For information on up coming lectures given by Dr. Yates on this subject and many others, please see his website at

www.jaymyatesdc.com



This site contains some very informative material and even has a special section specifically for patients of Dr. Yates.

If you are a current patient of Dr. Yates and wish to have access to log in to this section, please contact Dr. Yates directly for a password to allow you to peruse this section.

If you do not use computers and have no access to this medium, please contact Dr. Yates's office directly and he will make sure you are aware of any lectures he will be giving .

PERTINENT INFO

As always, I appreciate your referrals to our office. By referring someone you demonstrate your concern for them and your trust in me. Thanks to you all.

Remember your maintenance visits. If you haven't been in for over a month, you need to call me for an appointment.

Don't undo all the good work we have done...

proper nutrition and you have the makings of a naturally healthy lifestyle," said Dr. Yates. "Following a healthy diet is another way of extending your golden years as long as possible."

As we continue to find better equipment for the variety of sports activities we can become involved in, we see that improvements in design and mechanics can greatly decrease our risk of injury.

Remember to be careful when starting out in any active sport. You need to be somewhat conditioned to do well.

If you or anyone you know has injured themselves while participating in a sporting activity, please call for an appointment and get in so I can help you get back on the road to better health.

If you feel that your performance is not up to what it should be, this may be a sign of mechanical dysfunction and you may need treatment to restore function and movement. Come in for a FREE consult and we'll see what we can do.

Jay M Yates, DC

Jay M. Yates, DC

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Please mark the appropriate box and cut this questionnaire out and mail it to:
Dr. Jay M Yates P.O. BOX 12311 Newport Beach, CA. 92660. Thank you.

1. **My care under Dr Yates was:**
 excellent good fair poor
2. **Dr Yates's explanation of my condition was:**
 excellent good fair poor
3. **I was willing to follow Dr. Yates's recommendations:**
 yes no
4. **My reason for stopping care if I didn't follow Dr. Yates's recommendation was:**
 I didn't feel I needed it. I didn't want to come that often.
 financially too expensive. didn't feel I got the care I needed.
 just felt better and forgot. just wanted to come in for a quick fix
5. **If I could rate Dr Yates's service and care I would rate him:**
 excellent good fair poor

Thank you for your participation. Be sure to mail it in