



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – The Importance of Movement

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[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Movement is critical for all people. Movement stimulates our bodies, including our bones, muscle, heart, blood circulation and even our brain and nerves. Movement through physical activity helps us feel better, function better, sleep better and reduce the risk of many chronic diseases.

[PINEROLA]

Since movement helps with bone health, a lack of movement will lead to brittle bones and the possibility for what we call fragility fractures – hip fractures or long bone fractures in older people. Lack of movement may lead to a breakdown in your tendons and ligaments where you could have tears that may require surgery at a later date.

[NARRATOR]

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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