

What has Dr. Shook been reading?
Smart Exercise, Burning Fat, Getting Fit.
By Covert Bailey

Ah.... Many moons ago the works of Covert Bailey helped transform me from a couch potato to a moderately active human being and I love him for it. His book Smart Exercise is about fitness, about designing a fitness program to fit ones personal needs. It's for the couch potato or the marathon runner.

Covert Bailey is articulate and has a good sense of humor; he addresses the complicated workings of the body with words that paint simple pictures of complicated topics he answers questions like ... What is fitness? What does the body do with fat, sugar and protein? What does it mean to have your metabolism slow down? How do you know if you're exercising hard enough, long enough or often enough? Can I over exercise and how can I tell if I am over doing it? What about machines? What is carbo-loading? But what if I'm really REALLY out of shape what about me? Aerobic exercise? Anaerobic exercise? What do I need? How do I start?

Covert Bailey loves to exercise and would like everyone else to exercise too. He comes right out and declares his prejudice for exercise ... "Exercise will cure just about anything".... Admittedly an exaggeration ... but I have to admit, he does have a point. The phrase "use it or lose it" absolutely applies to the human body. What are the benefits of exercise? Exercise lowers cholesterol and blood pressure, strengthens muscles (including the heart) and ligaments. The list of benefits from exercising is long... read the book. If you wish to learn about your body and how exercise effects it. If you wish to start exercising or want to fine-tune your current exercise program, this is a book for you.

Dr. Laura L. Shook is a chiropractor with an office located in downtown Wichita.
She can be reached at (316)-267-6522