



Canadian Stroke Network

Réseau canadien contre
les accidents cérébrovasculaires

Media advisory: Wednesday, Oct. 14, 2009

As little as 10 minutes of exercise a day can help stave off disease, international expert says

Exercise helps everything from stroke to depression, dementia, anxiety, heart disease and some cancers, says international exercise expert and author Dr. Tim Church. “Physical activity is the most important thing you can do for your health after quitting smoking. Our research shows as little as 10 minutes of walking a day has health benefits.”

Church, director of the Laboratory of Preventative Medicine at Louisiana State University’s Pennington Biomedical Research Center and author of the book *Move Yourself*, will be in Ottawa on Oct. 14 to share his research findings with stroke experts from across Canada.

He will also reveal what the latest research says about losing weight and keeping it off. “I am going to debunk some myths,” says Dr. Church. Exercise and weight loss have been shown to prevent stroke and other chronic diseases.

What: Exercise expert Dr. Tim Church talks about new research into the health benefits of even modest exercise in preventing disease.

When: Wednesday, Oct. 14, 2009. 9 am to 10 am.

Where: Laurier Room, Chateau Laurier Hotel, Ottawa. Annual General Meeting of the Canadian Stroke Network.

Contact: Cathy Campbell, Canadian Stroke Network
613-562-5696 (office) 613-852-2303 (cell)