

### Exercise is an Essential Nutrient for the Genetic Expression of Health and Prevention of Disease

#### QUOTE BOARD

“Physical inactivity produces an abnormal gene expression and is a direct causal factor of most chronic health conditions by its direct alteration of gene expression from a normal phenotype to a preclinical or clinical phenotype.”

“Further misconception could arise from the thought that exercise is a tool to repair the expression of the genome when in fact exercise induces normal expression of the genome.”

“Thus it may be more useful if physical inactivity is viewed as a direct inducer of chronic health conditions.”

“In other words, physical inactivity is an abnormal event for a genome programmed to expect physical activity, thus explaining, in part, the genesis of how physical inactivity leads to metabolic dysfunctions and eventual metabolic disorders such as atherosclerosis, hypertension, obesity, Type 2 diabetes, and so forth.”

#### WHAT YOU NEED TO KNOW

This landmark paper on the devastating effects of exercise and physical fitness deficiency, and the proven health, wellness, recovery, and prevention benefits of exercise and fitness sufficiency, is one of the most important ever written. Quoting from this paper has allowed me to convince thousands of people that exercising is a genetic requirement for human beings and that it is simply not possible for children, young adults, adults, or seniors to be healthy without daily physical activity.

Whether you currently enjoy exercise or not is irrelevant. Refusing to exercise is an act of self-harm, it is suicide by lifestyle choice. As harsh as that may sound, it is true, and this is just too important to health to refrain from telling the truth.

Lack of exercise is a primary causal factor in virtually every chronic disease including heart disease, obesity, depression, anxiety, digestive disorders, fertility issues, cognitive decline, sexual dysfunction, sleep disorders, and cancer.

Lack of exercise and physical fitness is a leading cause of poor quality of life and shortened lifespan.

Lack of exercise and deficient physical fitness is a primary causal factor in reduced immune function and severe outcomes from infectious illnesses, including COVID-19 and flu.

#### WHAT YOU NEED TO DO

You need to exercise every day. You need to view exercise as an essential nutrient and as the true panacea it is for wellness, prevention, and recovery. If you need help please go to [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com) and utilize the FREE RESOURCES.

**Booth et al. (2002). Waging War on Physical Inactivity: Using Modern Molecular Ammunition Against an Ancient Enemy. J Appl Physiol 93: 3-30**