

# Prevent cardiovascular disease

by Dr. Fredrick Peters, *The Fitness Doctor*

In this new monthly column, I will outline the five leading preventable diseases (heart disease, cancer, stroke, diabetes and arthritis) and show how regular exercise can help you manage symptoms and improve your health.

In most cases, patients typically go to the doctor to get medicine to treat their ailments. My goal is to do the opposite and get my clients off their meds.

Research shows that you can prevent or treat up to 30 chronic illnesses, such as high cholesterol, hypertension, diabetes, osteoporosis, dementia, anxiety and stress disorders, by exercising. One of the most preventable is cardiovascular disease.

The heart is a muscle just like every other muscle in the body, so you need to train it properly—under proper supervision. By increasing blood flow and decreasing resting heart rate through exercise, you can lower your blood pressure and heart disease risks.

Ed, a 38-year-old Brecksville resident, who lost 40 pounds under our program and was able to stop taking his high blood pressure medication, is just one of our success stories. He was so inspired by his results that he ultimately decided to



Dr. Fredrick Peters

change careers to become a personal trainer. He wanted to help others transform their lives, like I was able to help him.

For Ed, I prescribed an individualized program, to include a cardiovascular protocol that combines interval and resistance training

with the proven DASH diet—the US National Institute of Health’s Dietary Approaches to Stop Hypertension.

I always recommend that my clients exercise five days a week for 30 minutes of moderate intensity, or three days a week for 75 minutes. I understand that people cannot make it to our facility every day, so I devise workouts that can be done here, at my practice, or at home.

Since founding *The Fitness Doctor* in 2012, I have helped hundreds of local residents, of all ages and abilities, improve their lives with a scientific approach to healthy clean eating and exercise.

To learn how *The Fitness Doctor* can help you improve your health and fitness, call 440-447-0347, visit [FitDoc.fit](http://FitDoc.fit). The practice is located at 6571 Brecksville Road, Suite 2, in Independence.