

Where Americans Get Enough Exercise

January 15, 2014

The Atlantic Cities:

The new year is a time when many of us vow to head back to the gym. Moderate exercise not only helps us slim down and look better, it's also associated with all sorts of good health outcomes, from higher energy and productivity, better sleep and sex, and even greater longevity. In many cases, exercise may treat diseases as effectively as drugs, as one BMJ study recently showed.

Everyone knows it, but not everybody does it. Just a month after making those New Year's resolutions, 36 percent will already have given up, according to University of Scranton psychologist John Norcross.

Read the whole story: [The Atlantic Cities](#)