

## YOUR DENTIST CAN SAVE YOUR LIFE

# The joy and benefit of walking

During this uncertain time, we can all use a little joy in our lives. How about this?

Try walking every day for 20 minutes. Come on. You can spare that much time out of your busy day – just for yourself. We all know there are health benefits, but did you know walking also makes you happy. This is because when you exercise, even moderately, your body releases endorphins. These are chemicals produced naturally by the nervous system that act as a pain reliever -- and -- as a happiness booster!

As I have stated before in this column, technology has its benefits. But in truth, it is also making us sick. Literally. Stress, depression, and even vision impairment are only a few of the consequences of spending too much time on our smartphones and computers. What is the anecdote? Get moving. When you do you will get instant satisfaction. It will bring joy into your day. After work, early morning, on weekends — just whenever you can. There is no bet-

ter way to power down than a good walk. And this lift in mood is not short term.



**Dr. Gabrielle F. Cannick**

Twenty minutes of moderate walking can be enough to increase your energy and lift your mood for as much as 12 hours, enough to fight depression as effectively as any antidepressant medication. In addition to improving your mood and outlook on life, regular brisk walking can actually slow down the aging process. As life expectancy climbs, many people now live into their 90s and beyond. And exercise may be the key to why some not only survive but thrive in later life. Aging takes place over time on the cellular level. Cell damage accumulates. Your metabolism changes, you gain weight, and you lose

muscle mass, all of which make you more vulnerable to disease. Being sedentary accelerates the process.

In a nutshell, the more exercise you get, the better off you will be. Moderate-intensity activity like brisk walking has a cumulative benefit. What medical research is discovering is changing the whole notion of exercise, from the idea of pushing yourself, to the concept of doing anything that moves your body. The objective is to change the way your body functions. While we cannot stop the aging process, by staying active we can slow down the destructive processes that lead to disease, immobility, frailty, and even effect cognition. Your commitment to walking regularly makes a big difference in your prognosis for a healthier, happier life. This simple step produces instant results in terms of how well you live and the joy you find in every single day! If you have questions, please contact us. We enjoy the feedback. And we are here to

help you and your family. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.*

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [www.grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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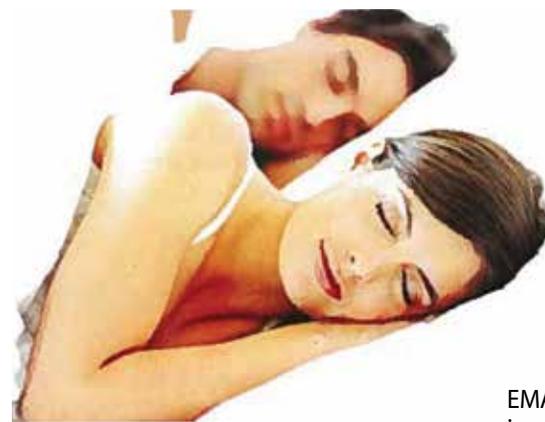
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