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“Exercise is just as important as your medication”

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“Exercise is just as important as your medication”

“They who are accustomed to daily labor, although even weak or old, endure it more easily than the robust or young who are unaccustomed to it.”

Hippocrates Aphorisms¹

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I tell all my patients that frequent exercise is just as important as their medication in controlling their cardiovascular disease². In addition, I tell them that they are not training for competition (with a few notable exceptions) but rather they are exercising for health and, therefore, they do not need to exercise to exhaustion. Recent decades have seen a considerable volume of

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