

HEALTHWELLNESS.SOLUTIONS



Five of the Best Exercises You Can Ever Do—Harvard Review

If you're not an athlete or serious exerciser — and you just want to work out for your health or to fit in your clothes better — the gym scene can be intimidating and overwhelming. What are the best exercises for me? How will I find the time?

Just having to walk by treadmills, stationary bikes, and weight machines can be enough to make you head straight back home to the couch.

Yet some of the best physical activities for your body don't require the gym or ask you to get fit enough to run a marathon. These "workouts" can do wonders for your health. They'll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss.

- Swimming. You might call swimming the best workout
- Tai chi. This Chinese martial art that combines movement and relaxation is good for both body and mind
- Strength training. If you believe that strength training is a macho, brawny activity, think again.
- Walking
- Kegel exercises

<https://www.health.harvard.edu/staying-healthy/5-of-the-best-exercises-you-can-ever-do>

Five Hopeful Healthcare Trends

Bill Frist, Forbes Contributor

1. Heightened attention to health equity

The Covid-19 pandemic has placed a spotlight on our nation's pre-existing health disparities, and this is an area President Biden is committed to addressing. Look no further than the President's second-in-command to see the increased attention this issue will receive.

2. Increased bipartisanship in healthcare

Don't laugh. There actually are areas of bipartisan interest where the current Congress, even with a narrowly divided Senate, can find common ground. These include surprise billing, drug pricing, transparency in prices, and telehealth.

3. Expanded adoption of telemedicine and virtual care

While growing explosively during the pandemic, telemedicine has been steadily building its base for decades. While I was in the Senate two decades ago, I worked to build programs establishing T1 lines to Native Americans reservations to provide critical, real-time care to remote regions otherwise without access. As a boy in the 1960s, I witnessed my dad reading from our home in the middle of the night emergency EKGs sent over the analog telephone lines from remote, rural Tennessee clinics.

4. Reentering WHO and the Global Health World Stage

President Biden reentered the World Health Organization (WHO) on his first day in office, reversing the previous administration's hasty and what most believe ill-advised withdrawal.

5. Reenergizing the Affordable Care Act

The Affordable Care Act is here to stay. The administration and Congress will act to strengthen it at every turn, initially focusing on buttressing the Exchanges with enrollment incentives and increased subsidies.

<https://www.forbes.com/sites/billfrist/2021/03/05/six-hopeful-healthcare-trends-for-2021/?sh=26e0f9603e84>

