The important benefits to exercise is huge for all and should begin at birth throughout our life's. Public health teaching parents, marking it mandatory in school curriculum from day cares to Universities, establishing workplace fitness is where we need to begin. Kinesiologists, well established fitness specialist, highly recognized certifications key resources. Empowering walking programs for children to go to school instead of busing & Fitness in the workplace, senoir programs & more recreation for all ages. Fitness should be for all therefore looking at facilities including pools noting the cost is far cheaper than the drugs prescribed by Doctor's for pain both physically & mentally. Education on proper exercises, healthier foods choices looking more to local resources empower communities to take on responsibility for individuals & each other. Result happier healthy people who take charge of their own lives.

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