



# Ask The Experts

## Staying Active Longer

(NAPSA)—Today's baby boomers and seniors are determined to outpace their advancing years. Based on discussions with these boomers, though body aches and discomfort are experienced at least weekly by 69 percent of this age group and 59 percent suffer joint discomfort just as frequently, older Americans defy these issues with a strong desire to stay active and involved.



**Dr. Bucci**

For that to happen, exercise, good nutrition and daily supplements are all vital, advises top nutritionist Luke R. Bucci, Ph.D., CCN, C(ASCP), CNS, author of "Healing

Arthritis the Natural Way" and vice president of research for Schiff Nutrition International. Many seem to be taking his advice.

A recent online poll of 500 nationally represented Americans ages 50+ conducted by Kelton Research for Schiff Nutrition discovered that, when they have joint discomfort, active adults are far more likely to take a supplement than let it slow them down (14 percent).

These vigorous seniors say they stay active and youthful, the survey found, by taking vitamins and supplements (73 percent), getting exercise (57 percent) and learning new things (54 percent). These older Americans say glucosamine plus chondroitin is their top choice for dealing with joint discomfort among those who have tried dietary supplements (66 percent); fish oil comes in second



### **Older Americans are taking action to stay fit and healthy.**

(56 percent). Whether it's a long day on the golf course or simply a busy day of errands, our joints bear the brunt of our day-to-day activities.

For deep-down strength and support, Dr. Bucci recommends Move Free<sup>®</sup> Advanced. It's the formula with the "Advantage of 4" that combines two unique ingredients, Uniflex<sup>®</sup> and Joint Fluid, with glucosamine and chondroitin, so it actually helps support your joint health. Move Free Advanced starts comforting sore joints in less than seven days versus products containing only glucosamine and chondroitin, which start working in four to six weeks. And Move Free Advanced's formula has been clinically tested in an independent human clinical study (Los Angeles, 2008).

More information is at [www.KeepMovingWithMoveFree.com](http://www.KeepMovingWithMoveFree.com).