



Chronic Conditions Alleviated Using Body's Natural Rhythms

(NAPSA)—A recent study found that an innovative cyclic exercise and lifestyle program can improve the quality of life for people with health problems, surpassing the results seen by aerobics programs.

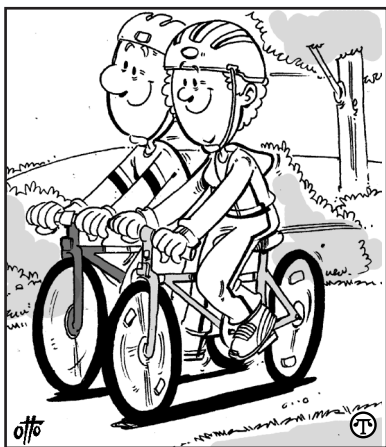
The Philadelphia FIGHT/LifeWaves International study focused on the program's benefits for people with AIDS.

However, according to Leonard Makowka, M.D., Ph.D. immunologist and former chief of surgery of Cedar Sinai Hospital, this study has beneficial health implications for people with other chronic health problems and may help control the side effects of strong medication.

Luis Montaner, Ph.D., HIV researcher, associate professor at The Wistar Institute and consultant to the FIGHT project, describes the preliminary results of this study as being very promising for the AIDS community. "We all know that exercise improves health, but this specific program demonstrates an increased improvement when compared to groups performing aerobic exercise."

"AIDS patients at FIGHT who had the opportunity to be chosen for the LifeWaves Cycles Program have loved it," said Jane Shull, executive director of Philadelphia FIGHT. "Quality of life is a very important issue in this community. Up until now, we have only been able to offer medication to suppress the virus, but the side effects of the medication take a toll on the quality of life. If patients can reduce the side effects of their medication, we have overcome a major hurdle."

The program was developed by Dr. Irving Dardik, former vascular surgeon and founder and former



Seniors and persons with chronic health conditions can now benefit from a lifestyle program that helps counter the side effects of medication.

chair of the US Olympic Sports Medicine Council and designed by Dr. Dardik and Alison Godfrey, CEO of LifeWaves International. The program consists of short bursts of exertion (no longer than one minute) followed immediately by full recovery. These cycles of exertion and recovery are done in individually tailored sets 11 times a month. Total "exercise" time is under 40 minutes a month.

Performing the program resulted in the following improvements in quality of life:

- A reported increase in happiness by subjects.
- Improved sleep.
- A decrease in the amount of effort required for daily activities.
- A decrease in subjects thinking of their lives as a failure.
- Subjects reported more verbal interaction.

For more information on the program call 908-439-9500 or log on to www.lifewaves.com.