

**NATIONAL WOMEN'S HEALTH AND FITNESS DAY (SEPTEMBER 28)
DR. LAURA IRVIN, SPORTS MEDICINE, BAYLOR SCOTT & WHITE HEALTH**

{**ON CAM**}

TODAY IS NATIONAL WOMEN'S HEALTH AND FITNESS DAY- IT'S A MOMENT TO HIGHLIGHT THE FACT THAT MANY U-S WOMEN NEED TO INCREASE THEIR PHYSICAL ACTIVITY TO PROMOTE THEIR LONG-TERM HEALTH.

{**TAKE VO**}

TRT: 45

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS BIG LIFESTYLE CHANGES ARE GREAT- LIKE HITTING THE GYM.

BUT JUST GOING FOR A WALK EVERYDAY IS PROGRESS, TOO.

IRVIN SAYS OFTEN WOMEN GET SO BUSY CARING FOR OTHERS- THEY FORGET TO TAKE CARE OF THEMSELVES.

{**TAKE SOT**}

DR. LAURA IRVIN

BAYLOR SCOTT & WHITE

TRT: 16

And so having a day to help remind us to steer us in the right direction is great. You know, almost two-thirds of women don't do the amount of physical activity they need in a day for their bodies. And twenty five percent of women are completely inactive. So having this day can help remind us how important this is.

{**ON CAM**}

ONE USEFUL TIDBIT FROM DR. IRVIN- SHE SAYS LIFTING WEIGHTS... EVEN LIGHT ONES... CAN MAKE A BIG DIFFERENCE.

SHE SAYS STUDIES SHOW WEIGHTLIFTING HELPS MAINTAIN BONE DENSITY- WHICH MANY WOMEN LOSE AS THEY GET OLDER.