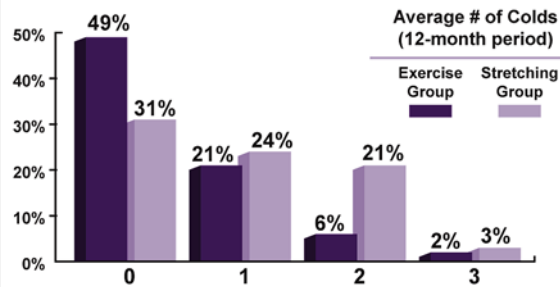


## Preventing the Common Cold:

## Exercise Matters

With the winter season right around the corner, you'll want to tell your patients about the results of this 12-month study that evaluated the risk of developing colds among two groups of postmenopausal women – a group assigned to participate in moderate-intensity exercise five days per week vs. a group assigned to once-weekly stretching sessions.



\*Obviously, the above percentages do not add up to 100 in either group. The study does not explain whether this is attributable to missing/incomplete data, a "4 or more colds" category, etc.

SOURCE: Chubak J, McTiernan A, Sorensen B, et al. Moderate-intensity exercise reduces the incidence of colds among postmenopausal women. *American Journal of Medicine* 2006;119:937-42.