



## Spring Reading

We hope that everyone is enjoying their first couple weeks of spring! If you find yourself in need of some new products or training tools please keep us in mind and check out our [website!](#) In the mean time, please enjoy some of these articles and please check out our [blog](#) for more!

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### [Why Students Should Stay Active During the School Year](#)

Why should college students be physically active throughout the school year? The answer is relatively simple. There's research that proves that if college students partake in let's say about 60 minutes of activity per day, they will achieve higher test scores than if they didn't.

### [How Much Exercise Is Enough?](#)

For 10 years, the American College of Sports Medicine has been trying to convince a sedentary public that exercise is medicine, as good for what ails us as over-the-counter or prescription pills.

What began as a national campaign morphed into a global initiative, with the goal of getting physicians to prescribe exercise to their patients and suggest that they get "physical activity counseling."

## Athletic Performance More Reliant on Practice than Age

For three decades, Joseph Baker has been swimming, cycling and running in triathlons some would call punishing. Baker, 47, is also a professor of exercise sciences.

As he competed in races as a younger man, he would watch people of all ages alongside him, and he soon became fascinated with the parameters of human performance. Why could some 70-year-olds compete in triathlons and some got winded walking up a flight of stairs?

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