



Function First

## FOR IMMEDIATE RELEASE

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### MAY IS “EXERCISE IS MEDICINE MONTH™”

(San Diego, CA ~ May 7, 2010)\*\*\* [Mayor Jerry Sanders](#) as well as [Governor Arnold Schwarzenegger's](#) office recently signed a proclamation declaring and observing the month of May “Exercise is Medicine Month™” a time for all California residents to incorporate a little more physical activity into their lives and talk with their physicians about what types of exercise are best for their healthcare regimens.

The Mayor and Governor’s offices learned about “Exercise is Medicine Month™” and the proclamation from San Diego business owner, [Anthony Carey](#), MA, CSCS, CES. Carey, the CEO and founder of [Function First](#), a corrective exercise studio in Mission Hills, is an internationally renowned biomechanics and corrective exercise expert and a much-respected health and fitness educator as well as an award-winning author, presenter and inventor. Carey is a proud member of the Exercise is Medicine™ initiative and *the* driving force behind bringing the national Exercise is Medicine™ initiative to the forefront of San Diego. Carey has influenced thousands of trainers, medical professionals, and students around the world.

*“Better nutrition and higher levels of physical activity bring a huge payoff in terms of lower health-care costs, increased productivity and greater quality of life. Getting more active, eating a bit healthier, incorporating some kind of movement into everyday life – those are the main keys to health, longevity and disease prevention and it doesn’t cost a dime.”* **Carey states.** *“Exercise is Medicine Month™” perfectly aligns with the goals of Function First. We promote improving quality of life through physical activity, and that is exactly what Exercise is Medicine™ does.”*

*“Physical inactivity and obesity are two major public health problems, not only in our state and our country, but also across the globe,”* **Mayor Sanders said.** *“I want the citizens of San Diego to understand that physical activity will improve health and wellness. It isn’t just about losing weight. Just a modest amount of activity can impact cardiovascular health and enhance strength and flexibility.”*

Exercise is Medicine™ is an initiative designed to encourage America to incorporate physical activity and exercise into their daily routine. The initiative, launched by the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) in November 2007, calls on doctors to prescribe exercise to their patients and work hand in hand with their patient’s fitness professionals. This initiative recognizes the role of the fitness community as part of the health care continuum by working with the medical community. “Exercise is Medicine Month™,” the special recognition month for Exercise is Medicine™ is a time for everyone to recognize, emphasize and celebrate the valuable health benefits of exercise on a national scale.

Please visit [www.functionfirst.com](http://www.functionfirst.com) and [www.exerciseismedicinemonth.org](http://www.exerciseismedicinemonth.org) for more information.

### **About Function First**

Function First has been serving the San Diego community since 1994. Located in Mission Hills, Function First is an internationally recognized corrective exercise studio, for their unique and very effective program designed to address chronic pain and musculoskeletal limitations without drugs, surgery, or manipulation.