



*Don't be a fat cat couch potato*

A new medical report from an university health group studied several hundred subjects on the lifespan difference between people who exercise regularly and those who don't. They say they've found that those who get up, get out and get physical live an average of 15 years longer than the sedentary people.

So, why the heck are you sitting there right now at your computer and then going over to the couch to watch the latest reruns of "I Love Lucy"? Or those endless no-talent talent shows? And if you watch infomercials or home shopping channels all the time, it may already be too late.

Just because you've logged a few extra decades, doesn't mean you can just loll there on the couch. Get up, get out and travel