

Soundbite Script – The heavy lift when it comes to women and exercise

Mary O'Meara, nurse practitioner, OSF HealthCare

"Usually, a male is feeling this really bad chest pressure, chest pain going in the left arm into the jaw, very pale. Women, very often, will just complain of fatigue, nausea or heartburn. 'I feel wiped out. I just can't walk across the room. I need to sit down. Unfortunately, that can be a sign of a heart attack in a female, and it gets missed quite often.'" (:26)

Mary O'Meara, nurse practitioner, OSF HealthCare

"For a long time, women were encouraged to do more aerobics-calisthenics. We were always thought of as the weaker sex, I guess you can say, and we weren't really encouraged to do any weight bearing exercise. A lot of research has come back that states that women should be focusing on weight bearing exercises for several different reasons." (:21)

Mary O'Meara, nurse practitioner, OSF HealthCare

"We found that weight bearing exercise can reduce our risk of dementia and Alzheimer's, and also reduce our risk of osteoporosis, which is a big one." (:11)

Mary O'Meara, nurse practitioner, OSF HealthCare

"You read many testimonials from people who were couch potatoes and never exercised. And then, they go into these exercises and do wonderful things that have really made a difference." (:13)