

USF speaker: Exercise key to minimizing physical disabilities



George Horsford / Daily Sun

USF Health's Dr. Sandy Quillen, director of physical therapy and rehabilitation sciences, spoke to Villagers on Tuesday at Savannah Center as part of the USF Health in The Villages free health information series. Quillen said exercise to maintain cardiovascular endurance, muscle strength, muscle endurance, body composition and flexibility is key to minimizing physical disabilities. In fact, he said exercise accounts for a 50 percent contribution to enhance health. Afterward, he met with residents like Gloria Pielke, shown above center, to answer individual questions. USF Health officials also announced that they need only 1,000 more surveys to obtain establish a global record for the largest health survey of older adults. Villagers needing a survey can call 753-6200.