

More doctors are prescribing exercise over medication

By RODRIQUE NGOWI
Associated Press

BOSTON — When Dr. Michelle Johnson scribbles out prescriptions, the next stop for many of her patients is the gym, not the pharmacy.

Doctors treating chronic health problems increasingly are prescribing exercise for their patients — and encouraging them to think of physical activity as their new medication.

In one such program run by a health center in Boston's Roxbury neighborhood, primary care physicians, internists and psychologists prescribe access to a gym for \$10 a month, including free child care, classes and kids programs. Providing affordable gym access for patients ensures compliance, said Gibbs Saunders of Healthworks Community Fitness, a nonprofit gym in Dorchester that has partnered with several health care providers to help low-income residents fill their exercise prescriptions.

Executives at the Whittier Street Health Center say low-cost access to a gym is important, since many residents' income is low and 70 percent of those they treat suffer from chronic problems such as obesity, high blood pressure, diabetes and depression.

Life expectancy in Roxbury is 59 years — well below the national average of 78.8 years.

"Exercise is not a new medicine. It's really an old medicine," said Johnson, who prescribes exercise to patients at the Roxbury-based health center. "But you know, I think we're now coming to the point of understanding how important it is."

Monisha Long, who is morbidly obese and suffers from hypertension, got a doctor's prescription for exercise and says she's gotten visible and dramatic results after more than two years of regular workouts.

"I lost well over 150 pounds, and I've been keeping it off for the past couple of years," she said after working out on an elliptical machine at Healthworks.



Stephanie Dennis works on a treadmill at the nonprofit gym run by Healthworks Community Fitness in Boston's Dorchester neighborhood. Doctors treating chronic health problems increasingly are prescribing exercise instead of medicines for their patients. At one health center in Boston, primary care physicians, internists and psychologists prescribe access to a gym for \$10 a month.

Photos by Rodrique Ngowi/AP Photo

ONLINE

Centers for Disease Control and Prevention's physical activity basics: <http://1.usa.gov/1pIUU1T>
Healthworks Community Fitness: <http://bit.ly/1MkEcoL>

And Long cites other, less-visible benefits.

"I'm more energized," she said. "As far as my energy, I feel like I'm stronger. I feel like I'm less tired. I feel like I can do almost anything now."

People who are physically active tend to live longer and are at lower risk of heart disease, stroke, Type 2 diabetes, depression and some cancers, according to the U.S. Centers for Disease and Control and Prevention. Yet fewer than one in four American adults exercises enough to reap those benefits, the agency says.

Dr. Edward Phillips, a Boston physician, is so sold on exercise he pedals on a stationary bike that's integrated into his office desk. Phillips said exercise is "like taking a little bit of Prozac — an antidepressant — and a little bit of Ritalin, which is a stimulant."



Physician Dr. Edward Phillips pedals on a stationary bike that's integrated into his office desk in Boston. Phillips said exercise is "like taking a little bit of Prozac, an antidepressant, and a little bit of Ritalin, which is a stimulant."



Gibbs Saunders, right, managing director of the nonprofit Healthworks Community Fitness, exercises with clients at their gym in the Boston neighborhood of Dorchester.

In jailhouse recording, Bundy defends Oregon sheriff

By STEVEN DUBOIS
Associated Press

PORTLAND — Ammon Bundy, the jailed leader from the armed takeover of an Oregon wildlife refuge, has come to the defense of a sheriff who is being investigated by the state.

The state agency that licenses police officers is looking into complaints that Grant County Sheriff Glenn Palmer twice met with occupiers who traveled to visit him during the 41-day standoff that ended Feb. 11. If Palmer is found to have violated standards, he could lose his police certification.

The occupiers and their defense attorneys have portrayed the standoff as a peaceful protest in which the group was exercising its right to free speech.

Ammon Bundy said in a recording posted Sunday on the Bundy Ranch Facebook page that Palmer was the only Oregon sheriff who didn't get caught in the "political deception" that the people of Burns were in danger during the occupation.

"Sheriff Palmer went to the source and found out the truth," Bundy said. "He found out that we at the refuge stood for the Constitution," and the protesters "love this country and would not hurt another person."

The Department of Public Safety Standards and Training received nine complaints about Palmer, sheriff since 2000 of the politically conservative county that neighbors the Malheur National Wildlife Refuge.

One was filed by Valerie Luttrell, manager of emergency communications for the city of John Day. She said federal and state authorities viewed Palmer as a security leak, and therefore kept local officials out of the loop during the Jan. 26 traffic stop that



Glenn Palmer

led to the arrests of the standoff's leaders and the shooting death of occupier Robert "LaVoy" Finicum.

The group was on its way to a community meeting with supporters in Grant County, which Palmer attended. In a video from the traffic stop, Finicum yells to police: "Just shoot me. I'm going to meet the sheriff. The sheriff is waiting for us."

Luttrell wrote that the 911 dispatch center received many calls during the standoff from people praising Palmer for supporting the occupiers and their demand that the government free two ranchers imprisoned for starting fires. The group also wanted public lands relinquished to local control.

Palmer belongs to the Constitutional Sheriffs and Peace Officers Association, which describes itself as the "last line of defense standing between the overreaching federal government and your Constitutionally guaranteed rights."

He did not immediately return a phone message Monday. He has previously declined to speak about the investigation.

Bundy was one of 26 people arrested in connection with the occupation. All are charged with conspiracy, and some are accused of additional crimes.

THE DAILY ASTORIAN

TV LISTINGS

Evening listings
TUESDAY

TUESDAY EVENING												MARCH 15	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2	KATU	(2) KATU News at 6		Jeopardy!	Wheel of Fortune	Fresh Off-Boat (R)	Real O'Neals (N)	Agents of SHIELD "The Inside Man" (N)		Kings "Let the Wicked Be Ashamed" (N)		KATU News at 11	(3:5) Jimmy Kimmel
3	KRCW	(3) Seinfeld	Seinfeld	Modern Family	Modern Family	The Flash "Escape from Earth 2"	iZombie "Method Head"			KGW News at 10	(3:35) Access H.	Met Your Mother	Met Your Mother
4	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	Fresh Off-Boat (N)	Real O'Neals (N)	Agents of SHIELD "The Inside Man" (N)		Kings "Let the Wicked Be Ashamed" (N)		KOMO 4 News	(3:5) Jimmy Kimmel
5	KING	(5) NBC Nightly News	KING 5 News	KING 5 News	Evening	The Voice "The Battles Premiere" (N)				Crowded (N)	Crowded (N)	KING 5 News @ 11	(3:5) Tonight Show
6	KOIN	(6) KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	NCIS "Scope" (N)		NCIS: New O. "If It Bleeds, It Leads" (N)		Limitless "Bezgrnichnyy" (N)		KOIN 6 News	(3:5) S.Colbert
7	KIRO	(7) KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	NCIS "Scope" (N)		NCIS: New O. "If It Bleeds, It Leads" (N)		Limitless "Bezgrnichnyy" (N)		KIRO News	(3:5) S.Colbert
8	KGW	(8) KGW News at 6:00 p.m.		Live at Seven	Inside Edition	The Voice "The Battles Premiere" (N)				Crowded (N)	Crowded (N)	KGW News at 11	(3:5) Tonight Show
10	KOPB	(10) Ask This Old House	Business (N)	PBS NewsHour		Mystery of Matter "Unruly Elements"				Brit Floyd Brit Floyd celebrates 50 years of Pink Floyd.		Aging Backwards	
12	KPTV	(12) 6 O'Clock News		Family Feud	Family Feud	New Girl (N)	Grandfathered	Brooklyn 99 (N)	The Grinder (N)	10 O'Clock News		11 O'Clock News	Loves Ray
13	KPDx	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's 8 O'Clock News on PDX-TV		FOX 12's 9 O'Clock News on PDX-TV		The Walking Dead "Home"		The Walking Dead "I Ain't a Judas"	
14	KCPQ	(14) Name Game	Modern Family	Big Bang Theory	Big Bang Theory	New Girl (N)	Grandfathered	Brooklyn 99 (N)	The Grinder (N)	Q13 News at 10		Q13 News	Modern Family
20	TBS	(20) 2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Separation "Clancy and Adam" (N)		Conan	
22	KZJN	(22) Two and a Half Men	Two and a Half Men	The Simpsons	The Simpsons	Modern Family	Modern Family	Q13 News at 9		Big Bang Theory	Big Bang Theory	Friends	Friends
29	ESPN	(29) NCAA Basketball NIT Tournament (L)		SportsCenter		SportsCenter		SportsCenter		SportsCenter		SportsCenter	
30	ESPN2	(30) NCAA Basketball NIT Tournament (L)		NCAA Basketball NIT Tournament (L)		NCAA Basketball NIT Tournament (L)		NCAA Basketball NIT Tournament (L)		College Basketball	NBA Tonight	Jalen & Jacoby (N)	NFL Live
31	NICK	(31) The Thundermans	The Thundermans	Paradise Run	Henry Danger	Henry Danger	SpongeBob	Full House 1/2	Full House 2/2	Full House	Full House	Friends	Friends Pt. 1 of 2
32	DISN	(32) Bunk'd	Bunk'd	Jessie	Jessie	★ ★ Ice Age: Dawn of the Dinosaurs (09) Eunice Cho.		(40) K.C. Underc.		(05) Austin & Ally	Bunk'd	Liv and Maddie	Girl Meets World
34	FAM	(34) (5:45) Pretty Liars	(5:55) Pretty Little Liars	"Did You Miss Me?"		Liar "Hush ... Hush, Sweet Liars" (SF) (N)		Shadowhunter "This World Inverted" (N)		Pretty Liars "Hush ... Hush, Sweet Liars"		The 700 Club	
35	FMC	(35) ★ ★ Seven Pounds (2008, Drama) Rosario Dawson, Woody Harrelson, Will Smith.		★★ ★ Seven Pounds (2008, Drama) Rosario Dawson, Woody Harrelson, Will Smith.		(20) ★ ★ Seven Pounds (2008, Drama) Rosario Dawson, Woody Harrelson, Will Smith.				(40) FXM Presents		Predators (2010, Sci-Fi) Adrien Brody.	
36	LIFE	(36) Mother Daughter "Headlines Don't Lie"	Dance Moms "Nia Saves the Day"	Dance Chat "Abby Lee Horror Story" (N)	Dance Moms (N)	Mother Daughter Exp. (N)				Mother Daughter Exp. (N)		Mother Daughter "Headlines Don't Lie"	
38	ROOT	(38) Red Bull Air Race "Putrajaya" (N)		West Coast Customs		WPT Poker		WPT Poker		WPT Poker Alpha8		Poker Night	
39	FS1	(39) Boxing Premier Champions (L)		Fox Sports Live With Jay and Dan		TMZ Sports (N)	Best I Heard (N)	Fox Sports Live With Jay and Dan		Fox Sports Live With Jay and Dan		Fox Sports Live With Jay and Dan	
43	SPIKE	(43) Ink Master "Fight to the Finish"		Ink Master "Ink Master Finale"		Ink Master "Initiation"		Ink Master "One Man's Trash"		Ink Master "Salt in the Wound" (N)		Ink Master	Ink Master
44	COM	(44) Futurama	Futurama	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Nikki Glaser (N)		The Daily Show (N)	Nightly Show (N)
45	HIST	(45) To Be Announced		To Be Announced		Counting Cars	Counting Cars	Counting Cars (N)	Counting Cars (N)	(05) Forged in Fire "Viking Sword" (N)		(05) Forged in Fire "Spiked Shield"	
46	A&E	(46) 60 Days In "Unusual Suspects/ First Timers"		Fit to Fat to Fit "Adonis/ Alissa"		Fit to Fat to Fit "Fallon/ JD"		Fit to Fat to Fit "Seth/ Dave"		Fit to Fat to Fit "Carrie/ Kenlee"			
47	TLC	(47) Jill Jessa Count On "A New Chapter"		Jill and Jessa: Counting On (N)		The Little Couple		Jill and Jessa: Counting On (N)		The Willis Family "Coming Home" (N)		Jill and Jessa: Counting On	
48	DISC	(48) Moonshiners "Virgin Whiskey"		Moonshiners "Presidential Shine"		Moonshiners: Cuts "End of an Era" (N)		Moonshiners (N)		Naked "Argentina Impossible"		Moonshiners	
49	NGEO	(49) The Boonies "Beyond the Comfort Zone"		Drugs, Inc. "Boston Weed Party"		Drugs, Inc. "Bangkok Ice"		Drugs, Inc. "Bangkok Ice"		Drugs, Inc. "Tex Meth"		Drugs, Inc. "Bangkok Ice"	
50	TNT	(50) Castle "Deep Cover"		Castle "Dressed to Kill"		Rizzoli & Isles "Bomb Voyage"		Rizzoli & Isles "A Shot in the Dark" (N)		Rizzoli & Isles "A Shot in the Dark" (N)		Castle "Smells Like Teen Spirit"	
51	AMC	(51) (5:00) ★ ★ ★ The Fugitive ('93, Thriller) Sela Ward, Tommy Lee Jones, Harrison Ford.		★★ ★ The State (1998, Action) Gene Hackman, Jon Voight, Will Smith.		★★ ★ The State (1998, Action) Gene Hackman, Jon Voight, Will Smith.						Rambo: First Blood Sylvester Stallone.	
52	USA	(52) Law & Order: S.V.U. "Angels"		Modern Family Modern Family		Modern Family Modern Family		Modern Family Modern Family		Chrisley Knows (N) Chrisley Knows		Modern Family Modern Family	
53	FOOD	(53) Chopped "Drawing a Flank"		Chopped "No Pain, No Shame"		Chopped "Teen Redeem"		Chopped "College Challenge"		Chopped "Chopped: College" (N)		Chopped "Pesto Chango"	
54	HGTV	(54) Fixer Upper		Fixer Upper		Fixer Upper		Fixer Upper		House Hunters (N) House Hunters (N)		Fixer Upper	
56	FX	(56) (5:30) ★ After Earth (2013, Adventure) Jaden Smith, Will Smith.		World War Z (2013, Action) Mirreille Enos, Daniella Kertesz, Brad Pitt.		America's Choice "Super Tuesday 3" (L)		America's Choice "Super Tuesday 3" (L)		O.J. Simpson "Conspiracy Theories" (N)		O.J. Simpson "Conspiracy Theories" (N)	
57	CNN	(57) America's Choice "Super Tuesday 3" (L)		America's Choice "Super Tuesday 3" (L)		America's Choice "Super Tuesday 3" (L)		America's Choice "Super Tuesday 3" (L)		America's Choice "Super Tuesday 3" (L)		Early Start	
58	FNC	(58) The Kelly File with Megyn Kelly		Hannity		The O'Reilly Factor		The Kelly File with Megyn Kelly		Hannity		On the Record	
61	CNBC	(61) Shark Tank		Rich Guide (N)	Filthy Rich Guide	Shark Tank		Shark Tank		Filthy Rich Guide	Filthy Rich Guide	Paid Program	Paid Program
63	BRV	(63) Beverly Hills "Spinning a Web"		Beverly Hills "Not Easy to Love"		The Real Housewives of Beverly Hills		Beverly Hills (N)		Tour Group "Going Ape 5****" (N)		WatchWhat (N)	Beverly Hills
64	TCM	(64) (5:00) The Stooge ('53) Dean Martin.		★★ ★ The Caddy (1953, Comedy) Jerry Lewis, Donna Reed, Dean Martin.		★★ ★ Artists and Models ('55, Musical) Jerry Lewis, Shirley MacLaine, Dean Martin.		★★ ★ Artists and Models ('55, Musical) Jerry Lewis, Shirley MacLaine, Dean Martin.		Colony "In From the Cold"		Colony "In From the Cold"	
65	SYFY	(65) (4:00) 6 Souls (10)		The Haunting in Connecticut 2: Ghosts of Georgia ('13) Abigail Spencer.		★★ ★ Lady in the Water (2006, Fantasy) Bryce Dallas Howard, Jeffrey Wright, Paul Giamatti.							
162	RFD	(162) (5:30) Cattlemen	American Harvest	Downunder Horseman.		Chris Cox	Rural Eve. News	Ag PhD		Cattlemen to Cattlemen		American Harvest	Product Showcase

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