Drs. Heather and Kevin Vincent featured in Florida Trend about the benefits of exercising as you age.

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Drs. Heather [6] and Kevin Vincent [7] spoke with [Florida Trend Magazine](#) [8] to discuss ways that you can keep exercising and fit as you age. Exercise should be a priority for people of all ages, especially as we get older to help avoid surgeries and disability.
Read more on dietary tips and mindfulness and exercise from the Drs. Vincent on page 3 of the article.

You can also read the full article on Florida Trend: Orthopedics - A trend toward less surgery


Links: