An Exercise in Utility

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For many, just the word exercise evokes guilt: “I know I should, but...” It’s often hard to overcome years of resistance, even for those who’ve witnessed the manifold benefits to other PWAs -- alleviation of stress and depression, increases in appetite and energy, improvements in appearance and self-esteem. But what if doctors urged patients to view exercise as a potentially life-extending treatment, as important as antiretroviral drugs? According to preliminary findings of several studies reported by the Center for the Biopsychosocial Study of AIDS at the University of Miami, “Exercise training might help in slowing the progression of HIV disease.” Why haven’t the feds mounted a crash research program to follow up on these important leads? And why hasn’t the medical establishment developed an HIV-exercise standard of care to help doctors and patients alike develop personalized programs?

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