

Talk to focus on exercise for health

Lake Tahoe Community College will host a free talk focusing on what science has revealed about what kind of exercise is needed to achieve and maintain optimal health.

Walter Morris' talk Exercise: A Potent Medicine? will be on Jan. 27 at 6pm in the board room at the college.

Morris will explore the evidence from recent studies showing how exercise can be just as effective as many prescription drugs in treating some of the leading causes of illness and death in the United States.

As a full-time faculty member at LTCC since 1999, Morris has taught exercise physiology, sports nutrition, exercise program design, plyometrics, basketball, and other classes.