

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

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Category: [News](#) [1]

[Drs. Heather](#) [2] and [Kevin Vincent](#) [3] spoke with [Florida Trend Magazine](#) [4] 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.

[vincents-florida-trend-exercise.jpg](#) [5]



[6]

Read more on dietary tips and mindfulness and exercise from the Drs. Vincent on [page 3 of the article](#) [7].

You can also read the full article on Florida Trend: [Orthopedics - A trend toward less surgery](#) [8]

Source URL: <http://www.ufsportsperformance.com/news/2018/01/18/drs-heather-and-kevin-vincent-featured-florida-trend-about-benefits-of-exercising-as-you-age>

Links

[1] <http://www.ufsportsperformance.com/taxonomy/term/4>

[2] <http://www.ufsportsperformance.com/www.ortho.ufl.edu/hk-vincent>

[3] <http://www.ortho.ufl.edu/kr-vincent>

[4] <http://www.floridatrend.com>

[5] <http://www.ufsportsperformance.com/file/65>

[6] <http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/media/vincent-florida-trend-exercise.jpg>

[7] <http://www.floridatrend.com/article/23663/orthopedics-a-trend-toward-less-surgery?page=3>

[8] <http://www.floridatrend.com/article/23663/orthopedics-a-trend-toward-less-surgery?page=1>