

# A WHOLE NEW PRESCRIPTION

IT'S TIME FOR YOU  
TO TAKE CONTROL

## The Best Medicine

What if there was one medicine so powerful in maintaining and improving health that it could prevent or treat dozens of diseases, such as diabetes, hypertension, heart disease and obesity?

*THERE IS!*

**Talk with your doctor about the best exercise plan for you, and make physical activity part of your life and health care plan.**



For more information, visit  
[www.exerciseismedicine.org](http://www.exerciseismedicine.org)

