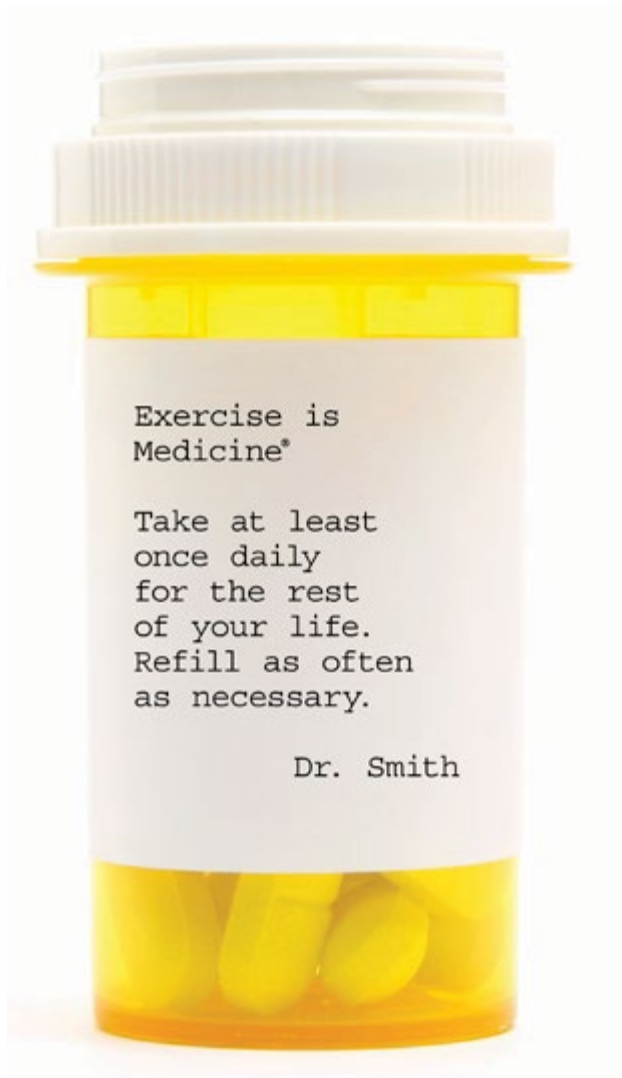


# Your Prescription for Health...



Exercise prevents or treats many diseases, including diabetes, hypertension, heart disease and obesity. Make physical activity part of your health.

**Ask your healthcare professional how you can benefit from an exercise prescription.**

[www.exerciseismedicine.org](http://www.exerciseismedicine.org)



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