

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!

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

www.exerciseismedicine.org



Support for the Exercise is Medicine® Global Initiative is Provided By:

