

Would you prescribe this medication?



BENEFITS include:

- better health
- better self-esteem
- weight control
- more energy
- reduced stress

SIDE EFFECTS Reduced risk of:

- heart disease
- obesity
- high blood pressure
- adult-onset diabetes
- osteoporosis



Please turn page


Regular physical activity improves health!


To help your patients build physical activity into their lives, order your free copies of **Canada's Physical Activity Guide to Healthy Active Living** by calling 1-888-334-9769 or visit the website www.paguide.com.

Getting active about inactivity!

The College of Family Physicians of Canada's "Physical Activity Strategy"

 Health Canada
  Santé Canada

CANADA'S  **Physical Activity Guide**
 to Healthy Active Living

 Canadian Society for Exercise Physiology