

IMPORTANT ADVICE
FROM THE OFFICE OF THE
SURGEON GENERAL



Exercise is Medicine!

The nation's top public health physician wants you to know: **Exercise greatly reduces serious risks to your health.** Simply increasing your physical activity a little can help you and your family prevent many illnesses and improve your health, fitness and well-being. So join Acting Surgeon General Steven K. Galson, M.D., MPH today and become more physically active and healthy. For more information, and ways to get started, visit the Exercise is Medicine™ Web site at www.exerciseismedicine.org.



Exercise is Medicine™ is a program of the American College of Sports Medicine. This public service announcement is in collaboration with the Office of the Surgeon General.