

IMPORTANT ADVICE
FROM THE OFFICE OF THE
SURGEON GENERAL



Exercise is Medicine!

Healthy kids are active kids. All it takes is a pair of athletic shoes to run, jump, play and be active. Acting Surgeon General Steven K. Galson, M.D., MPH wants you to know that exercise greatly reduces serious risks to your health. Simply increasing your physical activity a little can help prevent many illnesses and improve your family's health, fitness and well being.

Be a role model by promoting healthy habits, including exercise and physical activity. Talk to your doctor about how **Exercise is Medicine™**. 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.