

# Unlimited refills; the only side effect is joy!

Scan to view our 1 minute  
introduction video.  
It could change your life!



Looking for more energy?  
Better Sleep?  
More mental clarity?  
Regular physical activity can give  
you this and so much more!



Take your first step.  
Ask your healthcare provider  
for a Prescription  
To Get Active.

**PRESCRIPTION**  
TO GET ACTIVE

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# Thrive, one movement at a time!

Scan to view our 1 minute  
introduction video.  
It could change your life!



Want to move better?  
Feel better? Be healthier?  
Regular physical activity can give  
you this and so much more!



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TO GET ACTIVE

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# Live better, longer!

Scan to view our 1 minute  
introduction video.  
It could change your life!



Looking for more energy?  
Better Sleep? Prevention of  
dozens of chronic diseases?  
Regular physical activity can give  
you this and so much more!



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