

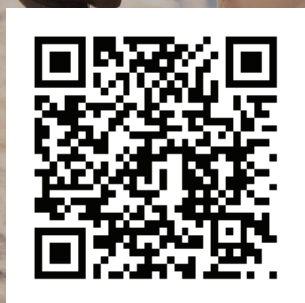
# Live better, longer!



Looking for more energy?  
Better Sleep?  
Prevention of dozens of  
chronic diseases?

**Regular physical activity can  
give you this and so much more!**

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



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



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**Unlimited refills; the  
only side effect is joy!**

**Looking for more  
energy? Better sleep?  
More mental clarity?**

**Regular physical activity can  
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**PRESCRIPTION**  
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# Thrive, one movement at a time!



Want to move better? Feel better? Be healthier?

**Regular physical activity can give you this and so much more!**

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