

## An Invitation from Marie Osmond



The overwhelming to-do list of today's busy women is only one of the many obstacles that keep us from consistently fitting in physical activity. As a mother of eight, I understand the demands we face and can relate to the challenges that come with our many roles as women.

From mothers and grandmothers to sisters and friends, we want to be the best we can be and take care of those around us. However, in order to do so, we must begin by taking care of ourselves. That means engaging in physical activity and making smart food choices must be at the top of our extensive to-do list.

One of the first requirements in taking care of ourselves is perhaps the most simple of all – get movin'! From walks in the park to playing with the kids, we must begin by moving. To me, the most appealing part of the **Choose To Move<sup>SM</sup>** program is that it gives women easy, practical ways to fit in physical activity without overloading their daily routines.

Not only does choosing to move improve the quality of life, it can reduce your risk for heart disease and stroke. I have a family history of heart disease and I know what I'm up against. It is for this reason that I'm excited about my relationship with the American Heart Association and am happy to tell America's women about **Choose To Move<sup>SM</sup>**. I want to help you and other women make healthy choices about physical activity and nutrition in order to avoid unhealthy consequences.

The more I learn about being physically active and eating healthy, the better my life becomes and the more dedicated I am to delivering this important health message to others. I've come to fully understand that the investment we make in our health today will determine the quality of our life in years to come. Taking part in this program is certainly a big step in the right direction.

Thanks for choosing to move with me!

Sincerely,

A handwritten signature in black ink, appearing to read 'Marie Osmond'.