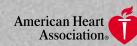
with Choose To Move!!!



Bayer Aspirin®, maker of the Bayer Women's Aspirin Plus Calcium, is a proud sponsor of the Choose To Move program for women.



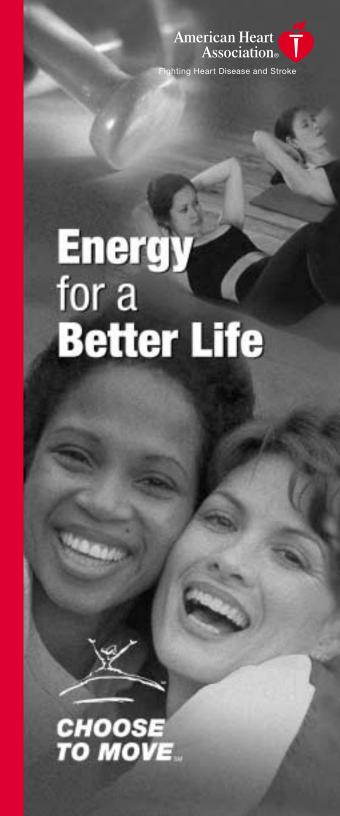


Fighting Heart Disease and Stroke

National Center 7272 Greenville Avenue Dallas, Texas 75231-4596 americanheart.org

printed on recycled paper

9/01 LN-0023



Add more energy to your life in just a few minutes a day!!!







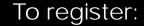
SIGN UP FOR CHOOSE TO MOVE

Turn your daily tasks into physically active events with Choose To Move's 12-week program. When you exercise, you'll gain more energy and vitality for life. More energy helps you juggle work, family and other demands that pinch your time and zap your inner strength.

PROGRAM FEATURES INCLUDE:

- 3 physical activity levels NEW!
- · Aerobic activities like walking
- Strength-training & stretching exercises
- Nutrition tips and recipes
- Weight management strategies
- Success stories NEW!
- Teams led by health professionals NEW!

And best of all, it's FREE and EASY!!!!!



Logon to choosetomove.org



-OR---



Call 1-888-MY HEART

Allow 4-6 weeks to receive your handbook

Choose To Move...Energy for a better life



©2001, American Heart Association