

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
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Energy
for a
Better Life



CHOOSE
TO MOVE

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!!!!*

To register:

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

