

The only prescription with unlimited refills.



Regular exercise (150 minutes per week) lowers your risk of developing heart disease, high blood pressure, diabetes, stroke and Alzheimer's disease. What prescription medication can say all that?

Learn more about the health benefits of exercise at www.ExerciseisMedicine.org.



Exercise is Medicine is a multi-organizational initiative, coordinated by the American College of Sports Medicine. Support for the program is provided in part by the Merck Foundation.