



Think of her as an exercise machine with hair.

You don't have to join a gym to get a workout. Recent studies show that every hour of moderate physical activity can add two hours to your life. So there's no need to radically alter your exercise habits to improve your health, and live longer! Just enjoy everyday activities like walking the dog. Washing the car. Cutting the grass. Playing golf. Or just taking the stairs instead of the elevator.



**ACE Certified: The Mark of Quality**  
Look for the ACE symbol of excellence  
in fitness training and education.  
For more information, visit our website:  
[www.ACEfitness.org](http://www.ACEfitness.org)

Don't sweat it if spinning classes aren't your style. Just get out and do something physical each day. You'll feel better, and live longer. Besides, the stair climber at the gym won't fetch your newspaper.

*A Public Service Message brought to you by the American Council on Exercise,  
a not-for-profit organization committed to the promotion of safe and effective exercise*

**American Council on Exercise®**

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