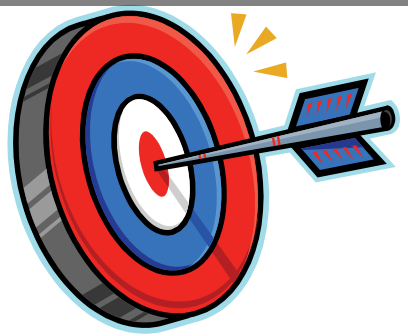
The Benefits of Walking in A Group

- Safety
- Socialization
- Accountability
- Friendship
- Motivation
- Effective
- Structure

Everyone Knows How Good Walking is For You, Walking in a Group is Even Better



A. I. M. for Health and Wellness

Medical experts now say "Inactivity poses as great a health risk as smoking".

If the health enhancing effects of activity could be put in a pill, it would be the best selling pharmaceutical ever, as well as the safest and most effective.

City of Vacaville, Community Services and Activity IS Medicine

(by Brain Sweats, LLC)

For Information on how to get started see our website at: www.activityismedicine.com or call 707-812-6225 or 707-685-7647 (cell)

E-Mail - Gordon@Activityismedicine.com

You're Invited to Join a Walking Group

The City of Vacaville

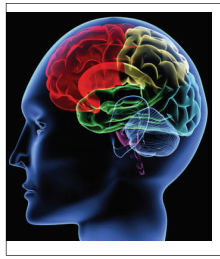
&

A.I. M.

(Activity *IS Medicine)*

Makes It Easy!

We Make it Easy to Start or Join a Group and We Add Lots of Benefits



You don't lose function because you age—you lose function because you reduce activity!

Study after scientific study shows that when adults become active (mentally and physically) their health improves. Vacaville/A I M® program was designed by people who have used walking to regain their health, lose weight, make friends and just down-right have a lot of fun. The City of Vacaville's Community Services brings you a structured program right to your door, business or organization and then adds lots of benefits through weekly and monthly e-mails. The key to success is information. Go to our website now to find out how easy it is and for more information: www.activityismedicine.com

"So many health problems can be improved by physical and mental activity!" G. K. (AIM Founder)

Good health, joy, engagement in life and a positive outlook is the natural steady state of life. G.K.

Walking Groups Package

- Base line development/monitoring
- Meditation
- Brain Challenges
- Exercise — Walking Groups
- Socialization
- Self Esteem Development
- Nutrition Advice
- Vitamin & Supplement Info.
- Second Act Adventures
- Mentoring others
- Weekly E-Mail
- Monthly Newsletter
- Buy the kit online

For more information come see our website at: www.activityismedicine.com

Take Control of Your Health and Life

Side Effects of an Active Life Style

- **Lowers blood pressure**
- **Reduces heart rate**
- **Decreases belly size**
- **Stabilizes blood sugar**
- **Reduces weight**
- **Lowers cholesterol**
- **Reduces stress**
- **Improves socialization**
- **Improves memory**
- **Increases self-confidence**
- **Increases energy**
- **Become a mentor to others**

Don't forget to get your parents, the shut-in next door and your children involved

Exercise has been shown to improve health in so many ways. "American Diabetes Association"