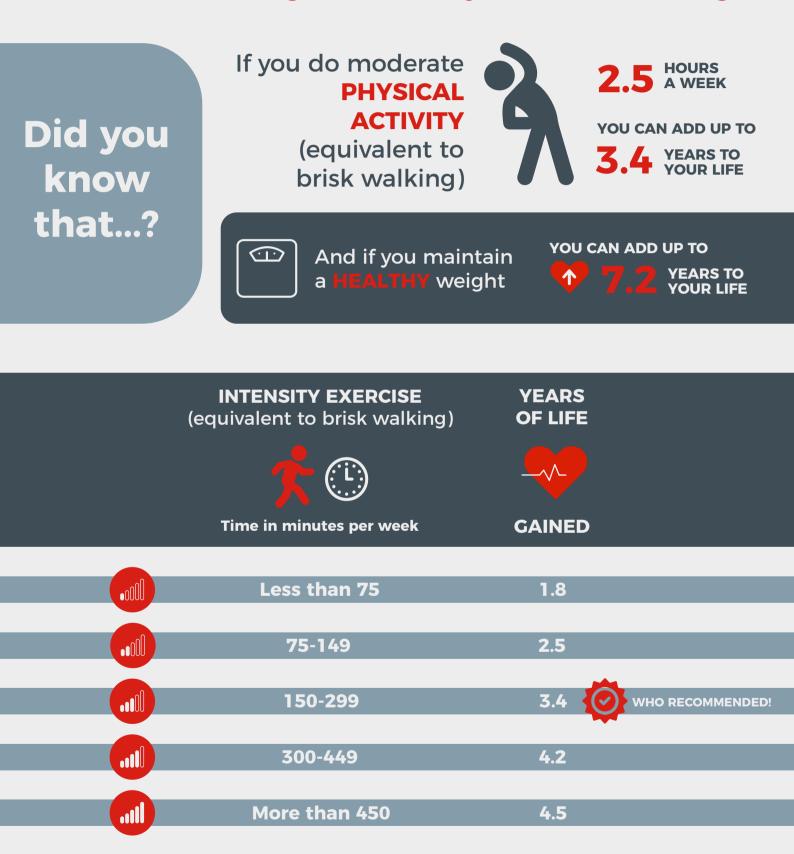




By being **PHYSICALLY ACTIVE** on a regular basis you will live longer



Source: Moore SC, Patel AV, Matthews CE, Berrington de Gonzalez A, Park Y, et al. Leisure Time Physical Activity of Moderate to Vigorous Intensity and Mortality: A Large Pooled Cohort Analysis. PLoS Med 2012; 9 (11): e1001335