



Healthy Choices are Smart Choices!

Feeling good, looking fit and leading a long and healthy life are things most of us want.

Well, there's a lot we can do to increase the chance that we'll have them. The beneficial effects—both physical and mental—of good nutrition, physical fitness and exercise are proven. You're never too young, too old or too out of shape to get started—you can benefit from regular physical activity and healthy eating habits.

We've become a mechanically mobile society, relying on machines rather than muscle to get around. Physical activity is less a part of daily living, particularly for those with desk jobs. The convenience and availability of fast-food outlets and ready-to-eat meals are another detour on the road to good health.

It's time to get back on track.