



ON TAPE

TV TAKES

NORTH AMERICAN PRECIS SYNDICATE, INC.
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168 WORDS, 60 SECONDS

HEALTH HINTS

WHILE LIVING A PHYSICALLY ACTIVE LIFESTYLE CAN SIGNIFICANTLY IMPROVE YOUR HEALTH AND HOW YOU FEEL, IT CAN BE HARD TO MAKE HEALTHY LIFESTYLE CHANGES WITHOUT THE SUPPORT OF THOSE AROUND YOU.

THAT'S WHY MANY HEALTH CLUBS ACROSS THE COUNTRY ARE OPENING THEIR DOORS, FREE, FOR SEVERAL DAYS IN MAY AND ENCOURAGING PEOPLE IN THEIR COMMUNITIES TO EARN THE PRESIDENTIAL ACTIVE LIFESTYLE AWARD. HEALTH CLUBS ARE WORKING WITH THE PRESIDENT'S COUNCIL ON FITNESS, SPORTS AND NUTRITION—IN SUPPORT OF THE LET'S MOVE! CAMPAIGN CHAMPIONED BY FIRST LADY MICHELLE OBAMA—TO HELP THEIR NEIGHBORS GET ACTIVE FOR FIVE DAYS A WEEK FOR AT LEAST SIX OUT OF EIGHT WEEKS.

IT'S ALL PART OF THE ANNUAL GET ACTIVE AMERICA! PROGRAM ORGANIZED BY THE INTERNATIONAL HEALTH, RACQUET AND SPORTSCLUB ASSOCIATION. AND IT'S OPEN TO THE PUBLIC.

FOR MORE INFORMATION ON THE PRESIDENTIAL ACTIVE LIFESTYLE AWARD, VISIT MILLION-P-A-L-A-CHALLENGE--DOT--ORG. TO FIND THE SUPPORT YOU NEED, VISIT HEALTH-CLUBS--DOT--COM OR STEP INTO A HEALTH CLUB.