

We have always thought our declining health was from age, lack of exercise and not eating right. Turns out that was only part right. The causes are not what you think.

“*The Silly Things That Make Us Sick, Fat and Old*” and its companion “*The AIM Program Workbook*” will lead you to discovering the answers that are right for you.

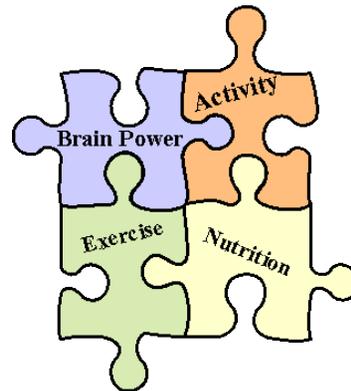
We show you how to put together a walking group that acts as a support group to give you guidance, structure, discipline, motivation and love. The result is a group that works like Weight Watchers, Jenny Craig and AA to help you change your daily life style and assist you in meeting your goals.



Feeling Good, Living Longer

Our minds can make us sick and they can make us well. Our feelings and beliefs impact our every cell. How we speak to ourselves matters. Whether or not we feel and express love affects our well being

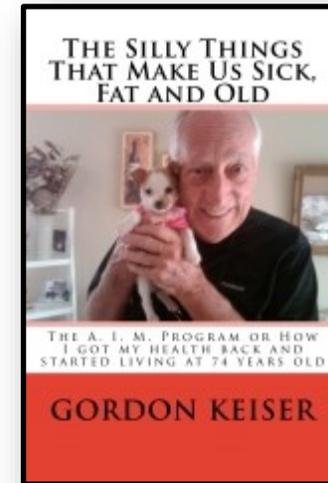
Kris Carr, *New York Times* best-selling author, cancer thriver, and wellness activist



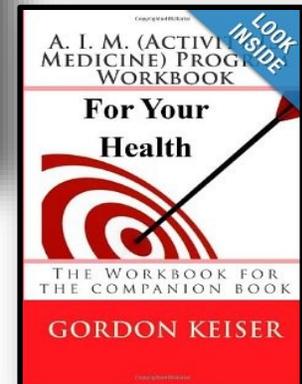
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Getting your health back with the A. I. M. Program



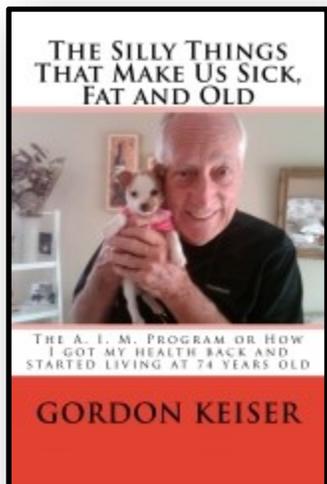
These books will change your life for the better.



Using the two books in the Health Education Series can start you on the road to better health

Change your beliefs, change your behaviors. Change your behaviors and you can change your biochemistry. Many people say “I know that but, how do I get myself to do that?”. These two books and the team you will put together will help you gain the structure, the discipline, and the motivation and the love to succeed.

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This book is the theory of the AIM Program and talks about the problem, solutions and benefits

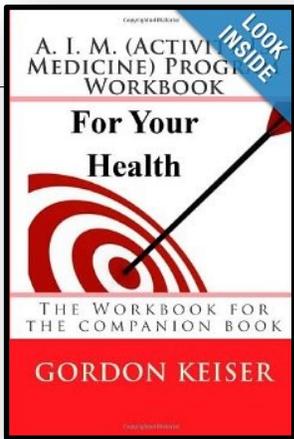
We have been told all our lives that our poor nutrition and our lack of exercise is causing our lack of great health. That is partly true but, when we looked deeper into the research we found that it is not all that simple. The 70 year old developer of the AIM Program found that our thoughts, feelings, beliefs and lifestyle have even greater affect. That is when he decided to write the book: *"The Silly Things That Make Us Sick, Fat and Old"* and companion workbook: *"The AIM Program Workbook"*



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

This book is the "Workbook" of the series and is designed to be written in and pages torn out.

Here you will find emergency contact form, "I Am" affirmation card, General Health Journal, your Goals, Daily Gratitude Journal, Rewriting Your Life's Story and Team members phone numbers



The book leads you through the discovery that our declining health is not caused by age, poor nutrition or lack of exercise. The findings will surprise you because ***they are not what you think they are.***



Take Control of Your Health and Life



Side Effects of an AIM Life Style

- **Lowered blood pressure**
- **Reduced heart rate**
- **Decreased belly size**
- **Stabilized blood sugar**
- **Reduced weight**
- **Lowered cholesterol**
- **Reduced stress**
- **Improved socialization**
- **Improved memory**
- **Increased self-confidence**
- **Increased energy**
- **Doing things you have put off for a lifetime**
- **Become a mentor to others**

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