



# A. I. M.

(Activity IS Medicine)

## Personal & Corporate Health and Wellness Programs

### Inactivity is Implicated in:

- Age related cognitive reduction
- High blood pressure
- High level of cholesterol
- Diabetes
- Obesity
- Fast heart rate
- Cardio vascular disease
- Depression
- Belly size
- Increased joint pain
- Balance related falls
- Sudden death

### Activity Mitigates:

- Risk of dementia
- High blood pressure
- Lowers overall cholesterol
- Improves blood sugar control
- Decreases belly size
- Reduces heart rate at rest
- Remediates cardio vascular disease
- Improves your mood
- Reduces belly size
- Reduces joint pain
- Improves balance
- Reduces risk of sudden death

A. I. M. - Activity IS Medicine - 707-812-6225 or 707-685-7647 Cell  
www.activityismedicine.com - gordon@activityismedicine.com