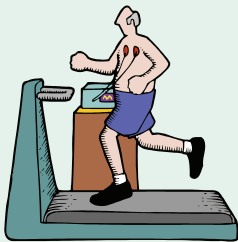
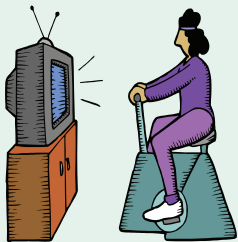


Exercise

Your Options For Healthy Living!



- ♥ helps weight control.
- ♥ strengthens the heart and lungs.
- ♥ helps lower LDL cholesterol.
- ♥ helps lower triglycerides.
- ♥ helps raise HDL cholesterol.
- ♥ helps to lower blood pressure.
- ♥ reduces the risk of heart disease and stroke.
- ♥ improves strength & endurance.
- ♥ helps to tone and build muscles.
- ♥ improves bone density and reduces the risk of osteoporosis.
- ♥ relieves stress.
- ♥ improves sleep.
- ♥ makes you feel good about yourself!
- ♥ helps prevent type 2 diabetes.



Facilitating the achievement of optimal wellness for kidney disease patients.

www.TheRenalNetwork.org
www.KidneyPatientNews.org

911 E. 86th Street, Suite 202
Indianapolis, IN 46240

Patient Line: 800-456-6919

Published under CMS contracts
HHSM-500-2006-NW 009C & HHSM-500-2006-NW 010C