



Steps to a  
Healthier US

Take the President's Challenge  
[www.presidentschallenge.org](http://www.presidentschallenge.org)



R<sub>x</sub>

60 minutes a day physical activity plan for kids

+30 Turn off the TV and video games and get on the playground  
(Run, Play Tag, Play Sports, Jump Rope - your choice)

+15 Take a walk...take your family with you!

+15 Ride your bike

60 It all adds up to a healthier you! Get Moving!

Your Doctor and  
the American Association of Clinical Endocrinologists

Visit [www.powerofprevention.com](http://www.powerofprevention.com), [www.aace.com](http://www.aace.com)  
or [www.presidentschallenge.org](http://www.presidentschallenge.org)