

Bring MOVIMIENTO to your community or event!

MOVIMIENTO Por Su Vida CD/DVD and VHS

Two products of the National Diabetes Education Program

This music CD/DVD helps you incorporate more movement into your life. The CD features six original songs with empowering messages and strong Latin rhythms, reminding listeners that even moderate physical activity can make a difference!

This product also includes a video track, which can be viewed on a computer or DVD player. The video, also available separately on VHS, shows people -just like you- incorporating physical activity into everyday life. It also demonstrates a new dance step.

Movimiento Por Su Vida CD/DVD and VHS are a fun reminder that diabetes can be controlled AND prevented by integrating MOVIMIENTO into your life.

To order this CD/DVD or VHS:

Call 1-800-438-5383 to order your single CD/DVD or VHS free. You can also download songs from Movimiento free of charge by visiting www.ndep.nih.gov. No bulk orders accepted. All NDEP products are copyright-free. You are authorized to reproduce this CD/DVD or VHS and make additional copies for distribution.

Use this product in creative ways to promote physical activity:

- At community events
- At health programs
- As a gift or incentive for your event
- At health fairs
- During trainings or meetings
- As background music at your event



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