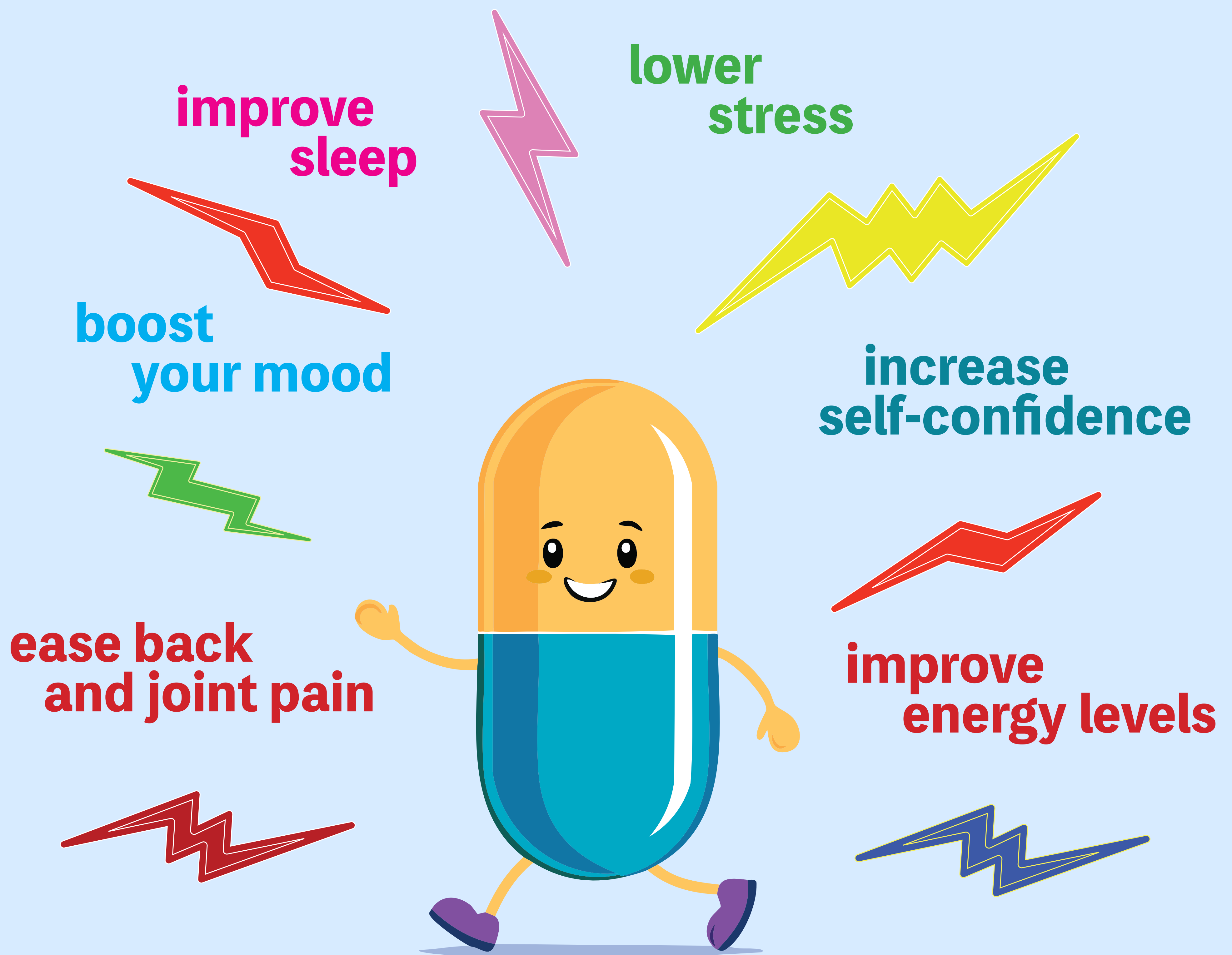


Moving is the best medicine

If physical activity was a drug, we would call it a miracle cure.



Regular physical activity can also help to reduce your risk of high blood pressure, high cholesterol, heart disease, type 2 diabetes and certain cancers.

To find out more, pick up your free *Moving is the best medicine* leaflet in pharmacy.

