

## E-Announcement

### INSTRUCTIONS:

1. Insert contact name, information and company name in below text.
  2. Select all of the text below line.
  3. Copy highlighted text.
  4. Paste into body of e-mail by selecting: **EDIT/PASTE SPECIAL/ PASTE AS: PICTURE (METAFILE)**
- 

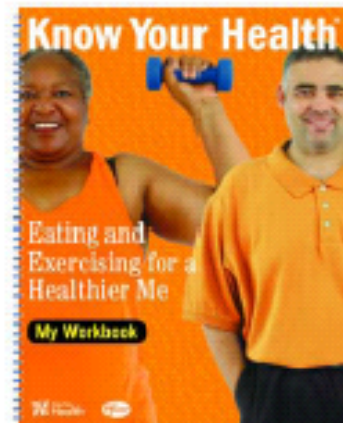
## *Eating and Exercising for a Healthier Me*

In the US, 6 out of every 10 adults are overweight or obese<sup>1</sup>. That's a lot of people! Being overweight can cause many serious health problems that affect different parts of your body. However, the risk of developing many of these health problems can be reduced by maintaining a healthy weight.

The *Know Your Health*<sup>®</sup> program "Eating and Exercising for a Healthier Me" will teach you how to make small changes in your life that will help make a big difference to your health and well-being.

This program will help you to:

- Understand the importance of keeping a healthy weight.
- Find ways to develop healthy eating habits.
- Choose fun exercises that will add zest to your life!



If you would like more information on this program, please contact:

**Contact Name**  
**Contact Phone Number**  
**Contact E-mail Address**

*This program is brought to you by **Your Company Name**  
with support from **Pfizer Inc***

**Insert Your  
Company Logo**



---

<sup>1</sup> Hedley, A, Ogden, C, et al. Prevalence of Overweight and Obesity Among US Children, Adolescents, and Adults, 1999-2002. JAMA, June 16, 2004. Vol. 291.No. 23.