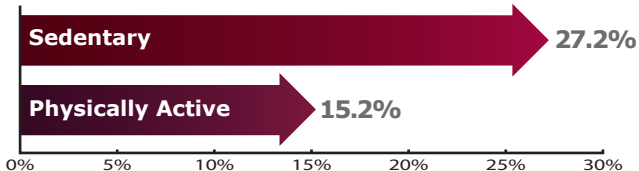


## Exercise Is the Key to Life

A recent study evaluated all-cause mortality over an eight-year period in a subject population 70 years of age at baseline, finding significantly higher death rates among sedentary vs. physically active subjects:

### Mortality Rate (%)\*



\*Eight-year mortality rate; age 70 at baseline.

SOURCE: Stessman J, Hammerman-Rozenberg R, Cohen A, et al. Physical activity, function and longevity among the very old. *Arch Intern Med*, 2009;169(16):1476-83.