Add years to your life, one step at a time.

Just 150 minutes of exercise a week reduces your risk of death by treating and preventing heart disease, high blood pressure, diabetes, stroke and more.

Exercise is Medicine is a 12-week program, designed to help incorporate physical activity as part of a healthier lifestyle in order to improve overall health and well-being.

Ask your healthcare professional how you can benefit from an exercise prescription into Exercise is Medicine.
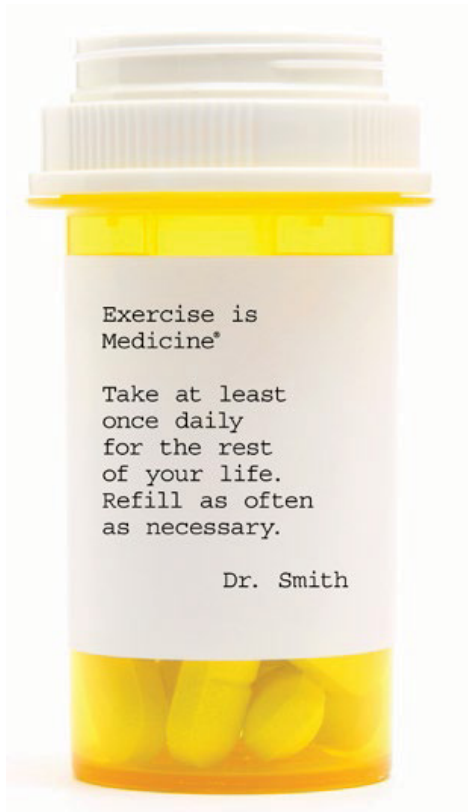
For more information about the program, contact Kristy Cook at the YMCA of Florida's First Coast, by email at kcook@fcymca.org or call 904.265.1777.

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Exercise prevents or treats many diseases, including diabetes, hypertension, heart disease and obesity. Make physical activity part of your health.

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Regular exercise lowers risk of developing heart disease, high blood pressure, diabetes, stroke, and Alzheimer's disease. What prescription medication can say all that?

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