

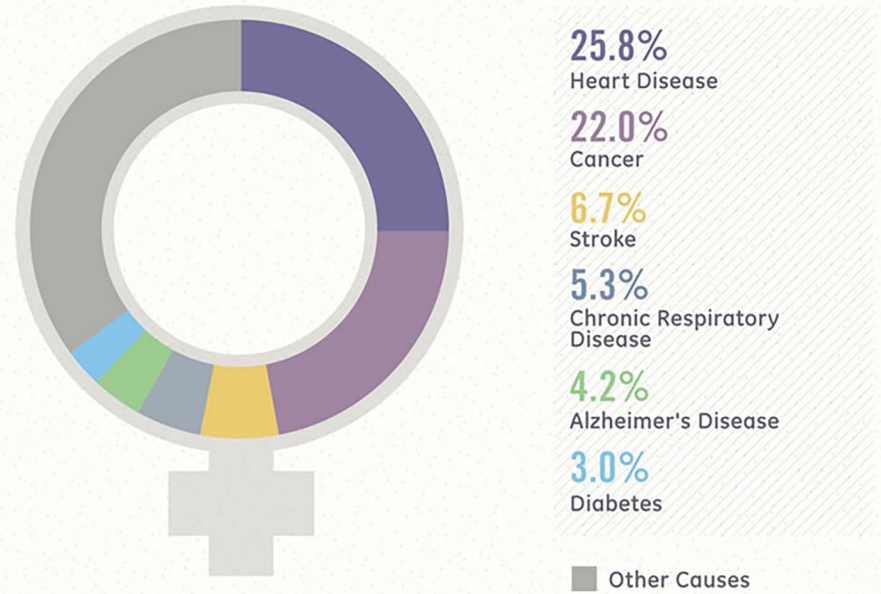
Picture Of Health: WOMEN'S HEALTH IN THE U.S.

These days women are more inundated than ever with information about how to live better. Yet a snapshot of women's health in the U.S. shows many women still need to be more proactive about self-care. A surprising number have risk factors for serious health threats such as heart disease, cancer, and strokes due to lifestyle habits that, according to the American Heart Association, may be controllable in many instances.

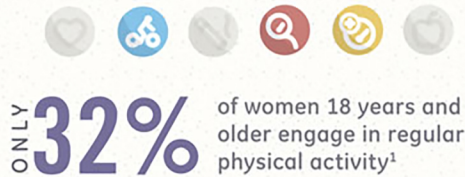
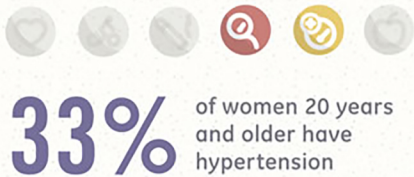
Health Risk Factors That May Be Controllable:



Leading Cause of Female Mortality in the U.S.



Managing Lifestyle Habits Is More Important Than Ever



¹ Regular physical activity = 30 minutes at least 5 times a week.

² Medically obese = Body Mass Index measuring 30 or greater.

Source: Centers for Disease Control and Prevention