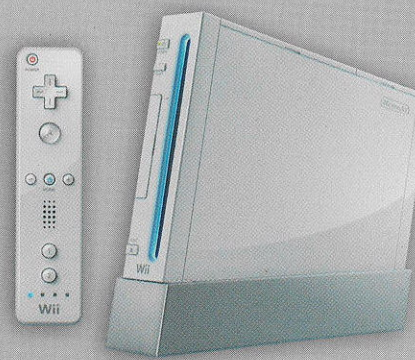
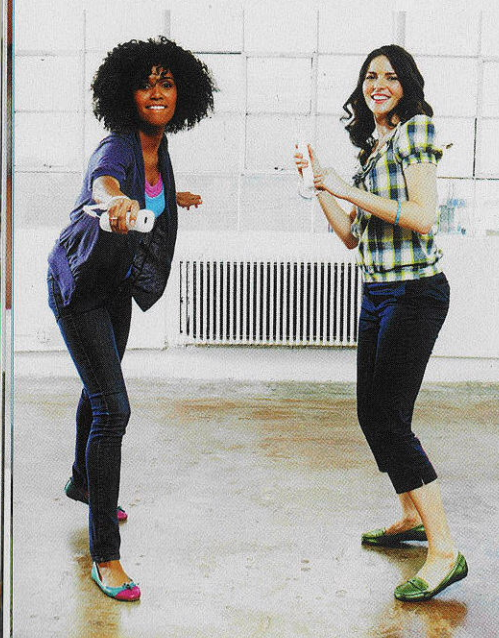


Gather the gang and get moving!

Life never seems to slow down. Why not try carving out time for loved ones while sneaking in your daily workout all at once? Get the gang together for an evening of Wii Sports Resort™ and create a bonding experience with resort-themed activities that not only bring you closer, but also keep you moving! Now that's what we call multitasking...

Visit activeplaynow.com for more information



Nintendo

American Heart Association

Working together to promote physically active play as part of a healthy lifestyle

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Smile! It's good for your ticker



A HEALTHY HEART CAN BE YOURS!

SURE, EXERCISE and eating right improves your heart health, but there are some other not-so-obvious activities that can impact the state of your ticker.

Watching TV Every hour per day in front of the tube ups your risk of death from heart attack by 7 percent, according to the Medical Research Council.

Having a supportive boss A supervisor who's got your back lowers your risk of having a heart attack by 20 percent, say researchers at Stockholm University in Sweden.

Living alone If you're on your own, you're twice as

likely to have a heart attack, according to a Danish study.

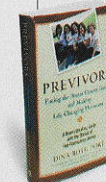
Looking on the bright side Seeing the glass as half full reduces your risk of developing heart disease by 9 percent, a study in Circulation showed.

Losing sleep People who log six hours or less per night are 18 percent more likely to have heart problems, say researchers from Brigham and Women's Hospital in Boston.

BREAST HEALTH HANDBOOK

get book smart!

Whether you're worried about a future diagnosis, experiencing the disease firsthand, or have made it through to recovery, these three new titles will help you feel more in control.

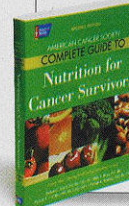
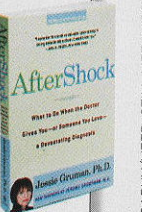


IF YOU HAVE A FAMILY HISTORY

Previvors by Dina Roth Port Through the stories of five women, Roth Port discusses how to navigate the tricky decisions you face, like whether you should get the BRCA test and the pros and cons of preemptive surgery.

IF YOU'VE RECENTLY BEEN DIAGNOSED

AfterShock by Jessie Gruman, Ph.D. This how-to guide walks cancer patients through every step of the decision-making process, like choosing the right doctor, picking the best treatment, and dealing with insurance claims.



IF YOU'RE A SURVIVOR

American Cancer Society Complete Guide to Nutrition for Cancer Survivors Keep your immune system strong as well as your energy up with this guide that details what to eat during and after treatment.