



Put An End To Exercise Excuses

(NAPSA)—If you don't exercise as much as you'd like, you're not alone. According to the Centers for Disease Control and Prevention, (CDC) about one in four adults engages in little or no regular physical activity. While there are lots of excuses not to exercise, there are ways to take control and make exercise part of your daily routine.

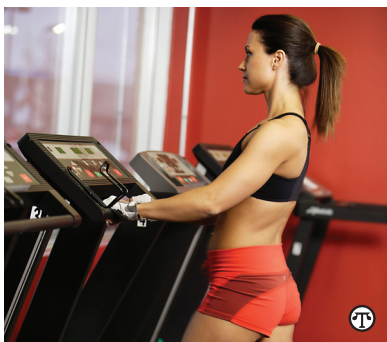
Here are four common excuses and suggested solutions that may help you make a positive change:

1. I don't have time. Exercise doesn't have to take up as much time as many think. The U.S. Department of Health and Human Services recommends at least 150 minutes of aerobic activity a week, which works out to a little over 20 minutes a day. What's more, you can split your exercise into two or more sessions. Do 15 minutes of exercise in the morning and another 15 minutes in the evening.

2. I just don't have the energy. Exercise can actually increase your energy level. Regular exercise releases endorphins, the feel-good hormones. Exercise can also help lower blood pressure and cholesterol and reduce symptoms of anxiety and depression.

3. I'm so out of shape, it's hard to get started. If you haven't been able to be all that active lately, you may want to start with shorter exercise intervals, say five to 10 minutes and gradually work up to your desired activity level. Keep at it and you could be there before you know it.

4. My period zaps my energy. Your menstrual cycle needn't slow you down. There is no medical reason to have a monthly period when you are on the Pill. In fact, Seasonique® (levonorgestrel/ethinyl estradiol and ethinyl estradiol tablets) is a birth control pill specifically designed to let women have just four short, light periods a year. Just like



Being physically active keeps you looking and feeling good and may be easier to do than you think.

other birth control pills, Seasonique® is 99 percent effective when taken as directed—one pill every day. Seasonique® tablets are indicated for the prevention of pregnancy. While you get four periods a year, you're more likely to have bleeding or spotting between periods. This can be slight to a flow like a regular period and should decrease over time.

For more information and to save on your Seasonique® prescription, visit www.seasonique.com.

Important Safety Information: Like other birth control pills, prescription Seasonique® has serious risks including blood clots, stroke and heart attack. Smoking increases these risks, especially if you're over 35. If you've ever had any of these conditions, certain cancers, or if you could be pregnant, you should not take the Pill. **The Pill does not protect against HIV or STDs.** You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. For hard copy releases, see full product information and for electronic releases, see www.seasonique.com/docs/prescribing-information.pdf.

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