

## HEALTHY AGING

IF YOU'RE OVER FIFTY, CONSIDER THIS ADVICE ON STAYING HEALTHY FROM DOCTOR BOB ARNOT [ARR-NOT], FORMER CHIEF MEDICAL CORRESPONDENT FOR N-B-C AND C-B-S. TO PREVENT HEALTH PROBLEMS, GET YOUR FLU, SHINGLES AND PNEUMONIA SHOTS. ASK YOUR DOCTOR ABOUT HEART AND CANCER TESTS. BE PHYSICALLY ACTIVE. TRY TO EXERCISE AT LEAST TWO AND A HALF HOURS A WEEK. TO STAY ACTIVE, SHOULD YOU GET BODY PAIN, TURN TO SALONPAS LIDOCAINE PLUS CREAM OR ROLL-ON FOR HELP. ITS TWO POWERFUL PAIN FIGHTERS, LIDOCAINE AND BENZYL ALCOHOL, DESENSITIZE AGGRAVATED NERVES. LEARN MORE AT SALON-PAS--DOT--U-S.