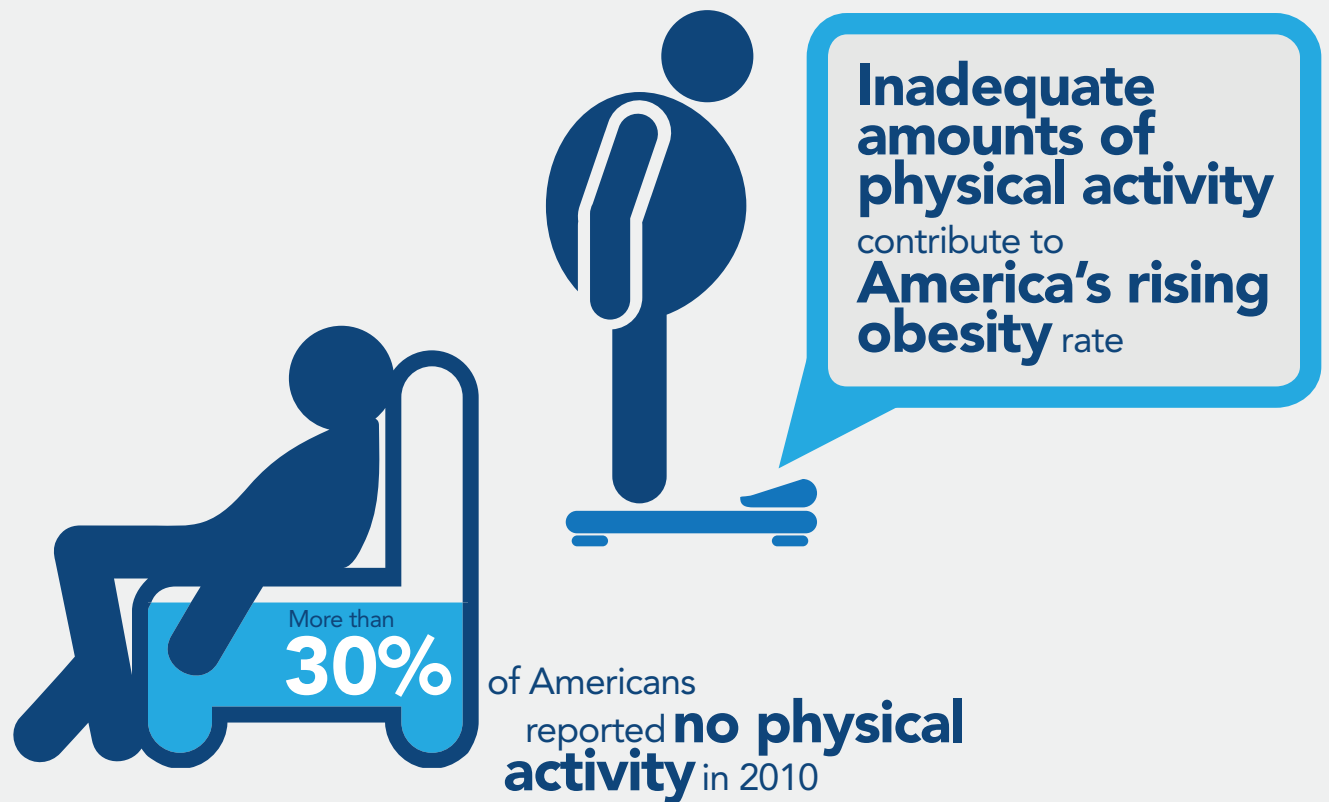




AMERICAN
COLLEGE of
CARDIOLOGY

PHYSICAL ACTIVITY IN AMERICA

May 2013



What **amount**
of **physical**
activity
is **ideal**?

