



## Start Moving. Start Today! Join Dow's 12% Solution for Physical Activity!

### Take a Positive Step

It's well established that regular physical activity is one of the best things you can do to manage weight, increase energy, build resiliency and help avoid many health conditions such as diabetes and cardiovascular disease. Physical activity also helps reduce health care costs related to these conditions.

### Be Part of the Solution

Dow Health Services invites you to be a part of the solution this year and use the global 12% Solution to Physical Activity program to boost your physical activity level. The program runs September 8 – October 21, 2010. **Registration closes September 7 at 5pm Eastern Daylight Time.** To register, or for more information, visit <http://www.DowFamilyHealth.com> and click on "12% Solution to Physical Activity" under News and Features, or use the links below:

Link to Program Description: <http://www.dow.com/familyhealth/programs/12percent.htm>

Link to Registration Form: <https://survey.confirmit.com/wix4/p1302778997.aspx>

The 12% Solution to Physical Activity program is available free of charge to all Dow, UCC and ROH retirees and spouses who are ready to be more active. When it comes to developing a healthy lifestyle, you can't do it all in six weeks, but you can get started. That's what the 12% program is...a starting point!

The 12% Solution to Physical Activity program will introduce four keys to improving your physical activity level, and the motivation to put them into practice. By committing to one or more of these behaviors over the 44 days, this program can help you create a sustainable, active lifestyle.

You are invited to call in for a Kick-Off Presentation to learn how to set your Physical Activity Goals and Personal Action Plan, track and report your progress, and implement the key behaviors that are meaningful to you.

Presentation Dates & Times (all times are Eastern Daylight Time):

Aug 26, 4 p.m. EDT

Sept 1, 7 a.m. EDT

Sept 3, 9 a.m. EDT

Aug 31, Noon EDT

Sept 2, 2 p.m. EDT

Sept 9, Noon EDT

Conference phone-in line: 1-866-803-2146

Participant passcode: 9327626#

The link to presentation slides can be found on the 12% Program page on <http://www.DowFamilyHealth.com>.

After registering for this voluntary, free Health Services program you'll benefit from:

- Short weekly e-mails during the six weeks with a tip and motivation to continue
- Progress reporting in the middle and end of the program
- The positive support of Health Services and other participants

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