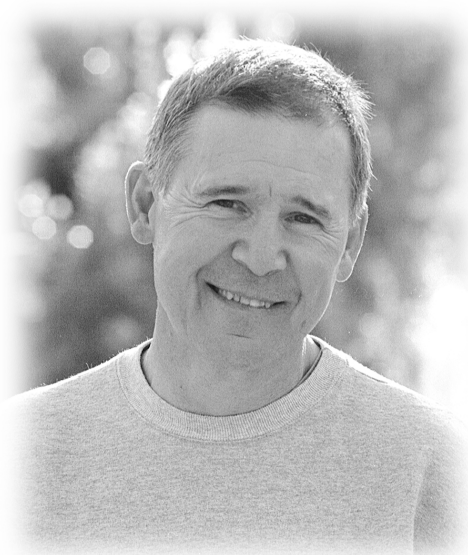


# “ Jean said she was too busy.



My wife kept saying she didn't have the time for anything.

I'd make suggestions. But the answer was always, "I don't have the time."

She had the time for her TV soap operas.

Then I saw this commercial on walking.

It said you could start walking ten minutes a day. That everyone had the time to do that. I knew walking was good for your heart. That it reduced stress and helped you keep your weight down. But I didn't know walking just ten minutes at a time would work.

So I told Jean.

And she started walking. Ten minutes a day at first. Then twenty minutes.

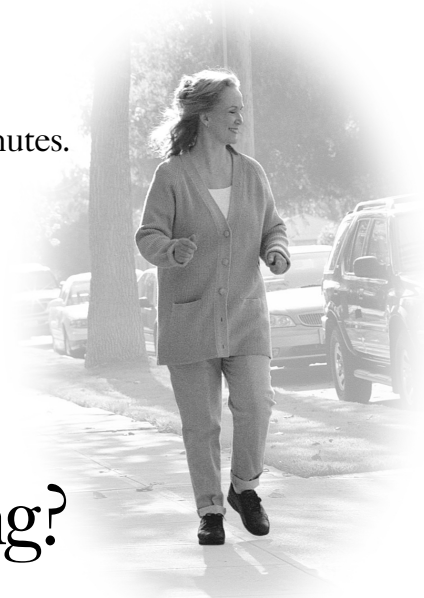
Now Jean walks thirty minutes a day, five days a week.

That's just one TV show a day.

Sometimes, she walks it ten minutes at a time. That's good, too.

These days, Jean has the energy for.....well, everything.”

## Isn't it time you started walking?



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