

FACTS, NOT FADS



WHERE HEALTH IS PRIMARY.

 **Health is
Primary**

BROUGHT TO YOU BY AMERICA'S FAMILY PHYSICIANS

When it comes to nutrition and exercise, there is no shortage of fads. But the facts remain the same: most of what makes us healthy results from the choices we make each day. Patients with a primary care doctor have someone who can provide on-going, personalized, fact-based guidance about nutrition and exercise habits—and the support needed to follow it.

Family doctors have improved the health of their patients for generations by focusing on strong, long-term relationships. We believe every patient should have access to sound advice from a trusted source to help make smart choices about health.

Trends are temporary, your health is forever.

Let's make health primary in America.

Learn more at healthisprimary.org.

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