



WOMEN'S HEALTH

So What If You Run Like A Girl

(NAPSA)—As 54-year-old Carolyn Lofton crossed the finish line of her second 5K race, she gloated that she exceeded her doctor's orders—to get healthy and exercise. The fact that her timing chip read .2 seconds faster than her 25-year-old daughter's was just an added bonus.

Now more than ever, women play a variety of roles at home, in the community and in the workplace. As a result, it's easy for them to get caught up in taking care of everyone else's needs and neglecting their own personal health and wellness.

Many doctors and fitness experts would say that a healthy exercise regimen is its own reward, and women who are taking part in a major national sports competition agree. The Aflac Iron Girl series includes all-women's 5K/10K, duathlons and triathlons that promote health and wellness while providing women of all ages with opportunities for camaraderie and empowering them toward a healthy and active lifestyle physically and financially.

With 10 events throughout the country, Aflac Iron Girl participants include mothers, daughters, beginners and novices ranging in age from 5 to 78. To help Aflac Iron Girl athletes track their training progress and receive helpful tips, there is the Aflac



As part of a health and wellness athletic series, women of all ages have the opportunity to strive to build camaraderie while achieving their personal best.

Journal to Well-Being. This comprehensive journal contains useful tips and information on topics such as disease prevention, family health, and understanding health insurance coverage.

"The partnership with Iron Girl is a natural fit for Aflac because we share the same goal of empowering women of all ages to lead a healthy and active lifestyle," said Karen Riedel, 2nd Vice President, Director of Product Marketing. "This event series provides a platform to allow women to achieve their personal best."

So what if you run like a girl? To find out more information and to sign up for an event, visit www.AflacIronGirl.com.