






Top 7 Benefits of Regular Exercise

1. Exercise improves your mood. 
2. Exercise combats chronic diseases.
3. Exercise helps you manage your weight. 
4. Exercise helps you manage your heart and lungs.
5. Exercise promotes better sleep.
6. Exercise can put the *spark* back in your love life! 
7. Exercise is FUN!

Don't have time to exercise?!?

Just walk 5,000 steps a day and burn off the calories!



Let PCG Walk You Through What's New At

www.vendorsalescenter.com

and receive a FREE Pedometer!

At Vendor Sales Center...

- You can create and print proposals, credit application and useful forms.
- You can obtain the very latest information regarding the Economic Stimulus Act.
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TODAY!

Customer Care Pledge

PCG pledges to be the *Business Partner you can count on!*
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info@provcap.com
800-877-8056 x111

*“Whoever want to reach a distant goal must take many small steps”
:::Helmut Schmidt:::*

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