Get Up and Get Moving

Physical activity is great for your heart and your mind!

Get Active and Get Results

- More energy
- Happier
- Better muscle tone
- Increased strength
- Decreased sickness
- You will feel great!

Get Your Body Fit

- Eat well
- Exercise
- Plenty of sleep
- Stay away from drugs and alcohol

If exercising or being physically isn't for you, then find an activity or program that is right for your needs or condition.

Get Moving!

- Walk, jog or run
- Bike
- Dance
- Roller/ in-line skate
- Skateboard
- Hike
- Pilates or yoga
- Lift weights
- Group sports such as - tennis, basketball, football

Pick and choose what you like to do! Incorporate aerobic or strength training, along with stretching, into your day.

Keep track of your activity for a week to see how well you do!

Exercise/ Activity Cart

Day	Activity	Time