

Physical activity is great for your heart and mind!

Get Up & **Get Moving**



GET ACTIVE AND GET RESULTS

- More energy
- Happier
- Better muscle tone Increased strength
- Improved immune system
- You will feel great!

GET YOUR BODY FIT

- Eat well
- Stay away from drugs & alcohol
- Exercise
- Get plenty of sleep

If traditional exercise isn't for you, then find an activity or program that is right for your needs.

GET MOVING

- Bike
 - Dance
- Hike
- Skateboard
- Walk, jog or run
- Pilates or yoga
- Roller/in-line skate
- Lift weights

- Group sports
 - Tennis
 - Basketball
 - Pickleball

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 Chart		
Day	Activity	Time