

EXERCISE FOR LIFE



The benefits of exercise are too numerous to ignore! From better overall health, to combating depression, to preventative care; exercise is one of the best medicines for your body and mind. If an hour of exercise seems like too much, you do not have to do it all at once. Break it down into 10 - 15 minute increments of exercise a few times a day. Here's to your health!

ADULTS: $\frac{30 \text{ MINS}}{5 \text{ DAYS A WEEK}}$

CHILDREN: $\frac{60 \text{ MINS}}{7 \text{ DAYS A WEEK}}$

RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY

ADULTS: $\geq 2 \text{ DAYS A WEEK}$

CHILDREN: $\geq 3 \text{ DAYS A WEEK}$

RECOMMENDED AMOUNT OF MUSCLE TRAINING

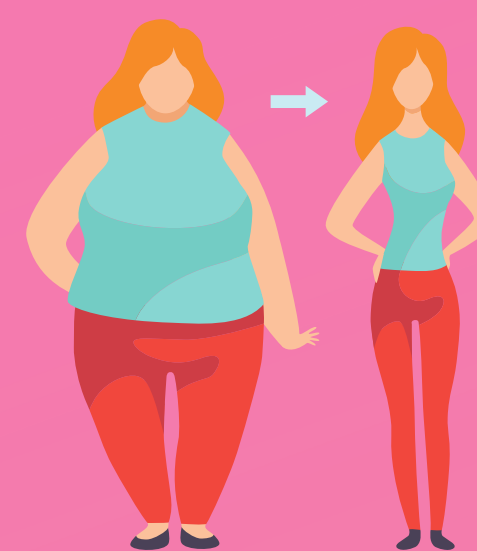
1
HELPS
YOU LIVE
LONGER

2
IMPROVES
MENTAL
HEALTH

3
HELPS
STRENGTHEN
BONES
MUSCLES

4
HELPS CONTROL
YOUR WEIGHT
WHEN COMBINED
WITH A LOWER
CALORIE DIET

WHY YOU SHOULD STAY ACTIVE REGULARLY



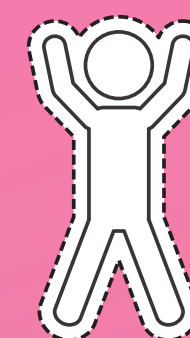
**WAYS TO INCLUDE
PHYSICAL ACTIVITY
INTO YOUR DAY**



BIKE TO
SCHOOL
OR WORK



CHOOSE
THE STAIRS
OVER THE
ELEVATOR



JUMPING
JACKS
BETWEEN
BREAKS



WALK
AFTER A
MEAL