

Be sure to check with a physician before starting any new physical activity.

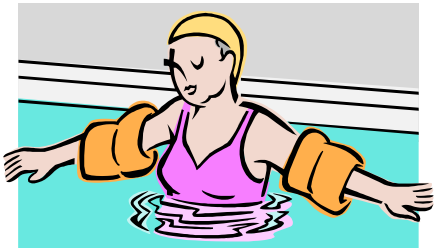
Why be Active?

1. Improves flexibility and posture.
2. Controls weight.
3. Improves fitness level.
4. Decreases blood pressure.
5. Lowers disease risk.
6. Increases self-esteem and feelings of well-being.
7. Improves health of bones, muscles, and joints.



Types and Examples of Physical Activity:

1. Aerobic activity
(Walking, swimming, biking)
2. Stretching
(Yoga, Tai Chi)
3. Balance & Flexibility
(Yoga, Pilates)
4. Resistance, strength & weight-bearing
(Free weights, weight machines)



*Doing all four types will offer the most benefits.

Always start new physical activities at a gradual pace and work your way up!

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