



SIT less, MOVE more It All counts!



Start slowly, gradually increase time & effort. If you have medical concerns talk to your Doc first.



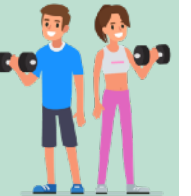
Being physically active is good for you at any age.



“Burning off energy” supports kids in school. With a math test ahead, a brisk walk will help.



A lot of stress at work? Find something you enjoy that breaks a little sweat that is not about the boss.



As we age physical function & the risk of falling are real concerns. Getting active with some simple strength & flexibility exercises works wonders.



It doesn't have to cost a lot or take up loads of time.



Gym membership, a new bike or kayak? Sure, if that's what you like & the cash isn't an issue. But a walk in the park or a few hours in the garden will also do the job.



Time? What about it? There are over 10,000 minutes in a week - 150 of them for your health & well-being is always possible. Besides, there's that fence that to be painted & the dog to be walked.

