

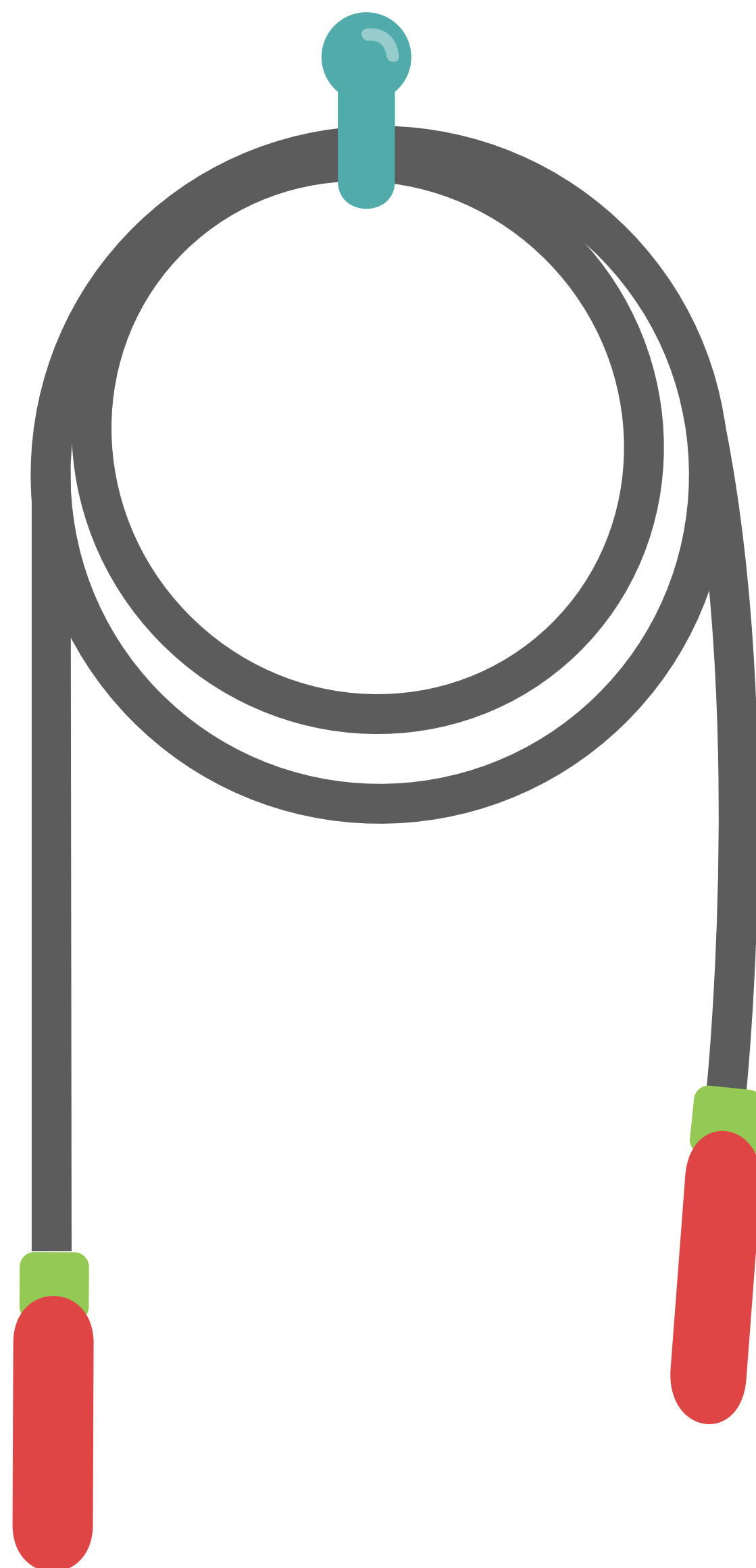
PHYSICAL ACTIVITY

for healthy living

Keep moving...
at least 60 minutes
of moderate exercise
EVERY DAY!

TOP 5 Reasons to Exercise:

- 1 Improves Your Mood**
Physical activity stimulates chemicals in your brain called **endorphins** that may leave you feeling happier and more relaxed than you were before you worked out.
- 2 Promotes Better Sleep**
Exercise during the day can help you fall asleep at night.
- 3 Boosts Your Energy Level**
Regular physical activity helps your entire **cardiovascular system** — the circulation of blood through your heart and blood vessels.
- 4 Helps Manage Your Weight**
When you engage in physical activity, you burn **calories**. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control.
- 5 It's Fun!**
Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!



DID YOU KNOW?

Sitting up straight burns more calories than slouching — so practice good posture!