



**Why get active?
You've got to move it
or you'll lose it!**



Lose it? Lose what?

All of these simple benefits of simple daily activity.

- **Better brain power**
- **A healthy immune system**
- **Daily energy**
- **A good night's sleep**
- **Stamina**
- **Muscle tone**
- **More energy**
- **Smaller pants**
- **A healthy heart**
- **A better mood**

