

 Move...get outside!

Find something you enjoy, and wear yourself out doing it.



Down In The Dumps? Exercise Enhances Your Mood!

How Does Exercise Do That?

- Releases feel-good chemicals (you get fewer blahs)
- Cranks up metabolism (gives you more energy)
- Boosts immune system (fewer sick days)

Anything Else?

- Takes your mind off your stresses
- Builds your self confidence
- Helps control your weight

How Much? What Kind?

- Just 30 minutes of movin' and groovin' daily
- No special equipment or gym memberships
- Walk, dance, play on a sports league, bowl, or play with your kids

