



Health/Notes

MAY
WEEK 1

Find the activity you enjoy doing the most.

Enjoyable exercise is better for you than exercise you do not like.





MAY WEEK 2

Just Move.

The more you move, the more you will be able to move.

Be active every day, so you can be active throughout your entire life.





MAY WEEK 3

Exercise is good for the brain

Improve your thinking skills and prevent your memory from eroding so quickly.

How?

Be active, and move whenever you can.





MAY WEEK 4

The gift of movement!

Realize that being active is a gift, not a burden.
You do not move because you have to, you move
because you get to.