

# Let's Get Moving!

Physical activity is easier than you think, it's in everything you do – everytime you move!

**Make it a part of your day – every day – indoors or outdoors!**

It's anything that gets your body *moving* like walking, jogging, running, cycling, playing sports, and mixing it all up – year round.

It's all the things you do indoors too! Like house chores, climbing stairs, dancing, yoga, hula hooping, weight lifting, playing, push-ups, sit-ups and more.

**Celebrate and exaggerate every move – every day!**

## Benefits of staying active:



Keeps your heart healthy



Reduces the risk of diabetes



Reduces the risk of respiratory diseases



Boosts your immune system



Helps control your body weight



Builds muscle & strong bones



Improves your sleep



Increases your energy levels



Supports your brain function & memory



Enhances your mood & overall wellness



Reduces feelings of stress & anxiety



Improves your balance reducing the risk of injury from falls

**It makes you feel good and healthy!**