

## Exercise Makes a Difference

- Check with your health care provider before beginning an exercise routine.
- Exercise regularly (at least 30 minutes 3 times per week)
- Things like walking and gardening count!



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- Begin with short activities, like a 10-minute walk after dinner.
- Find something you enjoy to stay active.
- If you aren't already exercising, it's not too late to start.



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June 2005

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