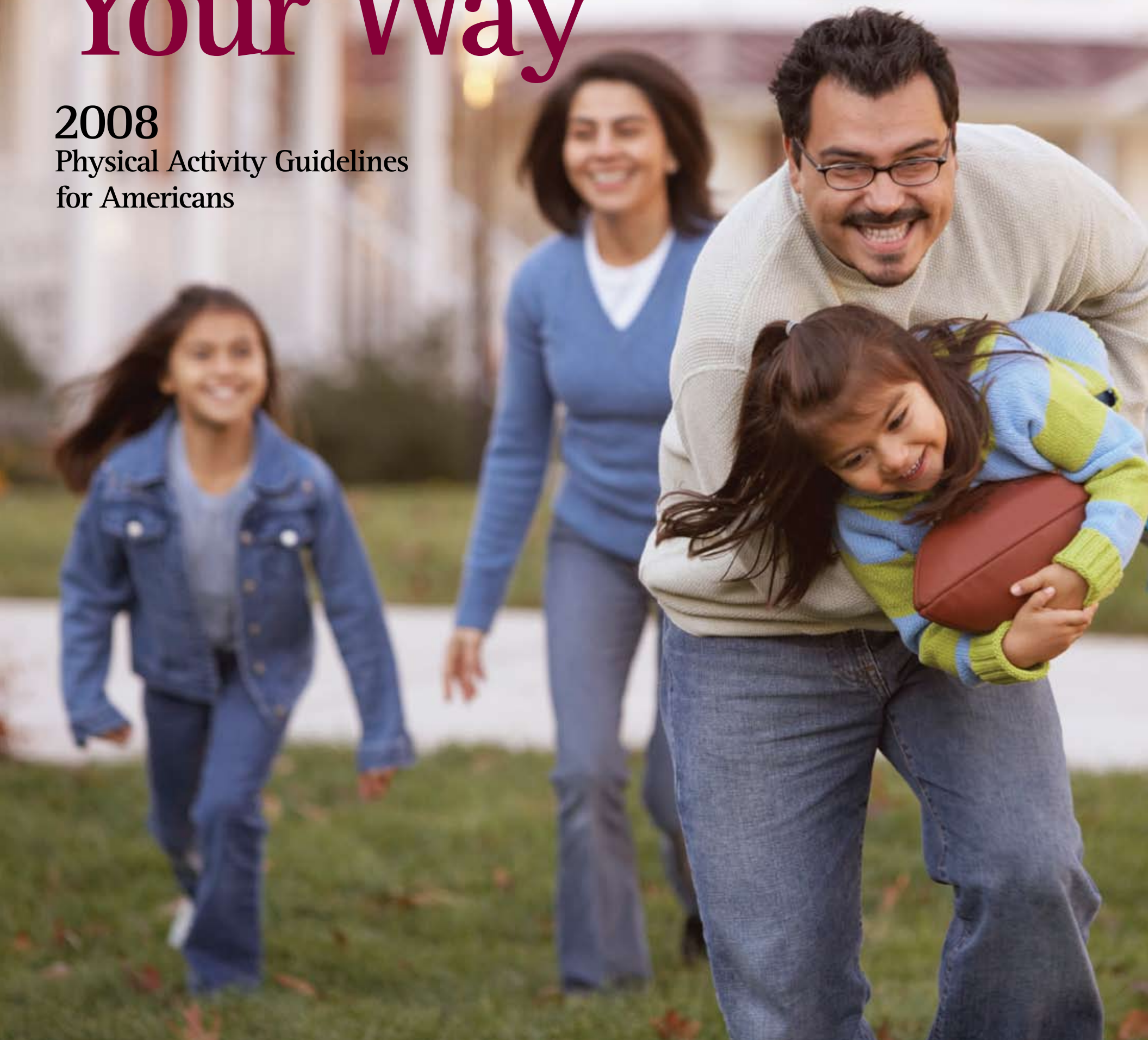


# Be Active Your Way

2008

Physical Activity Guidelines  
for Americans



Event: \_\_\_\_\_

Place: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

[www.health.gov/paguidelines](http://www.health.gov/paguidelines)

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