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benefit from regular physical activity.”

- 1996 Surgeon General's Report on Physical Activity and Health



30 Minutes Most Days

Benefits of Physical Activity



- ♥ Lowers the risk of heart disease
- ♥ Improves blood sugar control for diabetes
- ♥ Helps achieve and maintain a healthy body weight
- ♥ Increases energy
- ♥ Improves mood and helps reduce stress
- ♥ Improves flexibility
- ♥ Strengthens muscles, bones and joints



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