

# You Got to Move It, Move It!



Exercise is good for both your physical and mental well-being. As little as 30 minutes a day can improve your overall health.

**Physical activity can help you:**

- Keep off extra pounds
- Build and maintain healthy bones and muscles
- Improve your mood
- Reduce stress

The best exercise is one that you do consistently!

*Source: American College of Sports Medicine*

**It can also reduce your risk of:**

- Heart disease
- Diabetes
- High blood pressure
- Some cancers