

Move your way

The key to moving more is finding and doing activities you really enjoy. Dancing, walking, gardening...if it moves you and makes you happy, it works! When you do move, work toward 20 minutes a day of moderate to vigorous levels of movement. Regular physical activity helps with weight management and improving cardiovascular health. Add some weighted hand gloves for increased resistance and to build muscle while you move.

Be More Earth-Friendly

Want to help the earth while exercising? Plogging — or picking up trash while you jog or walk — is one way you can do your part to keep your community, and the environment, clean.

