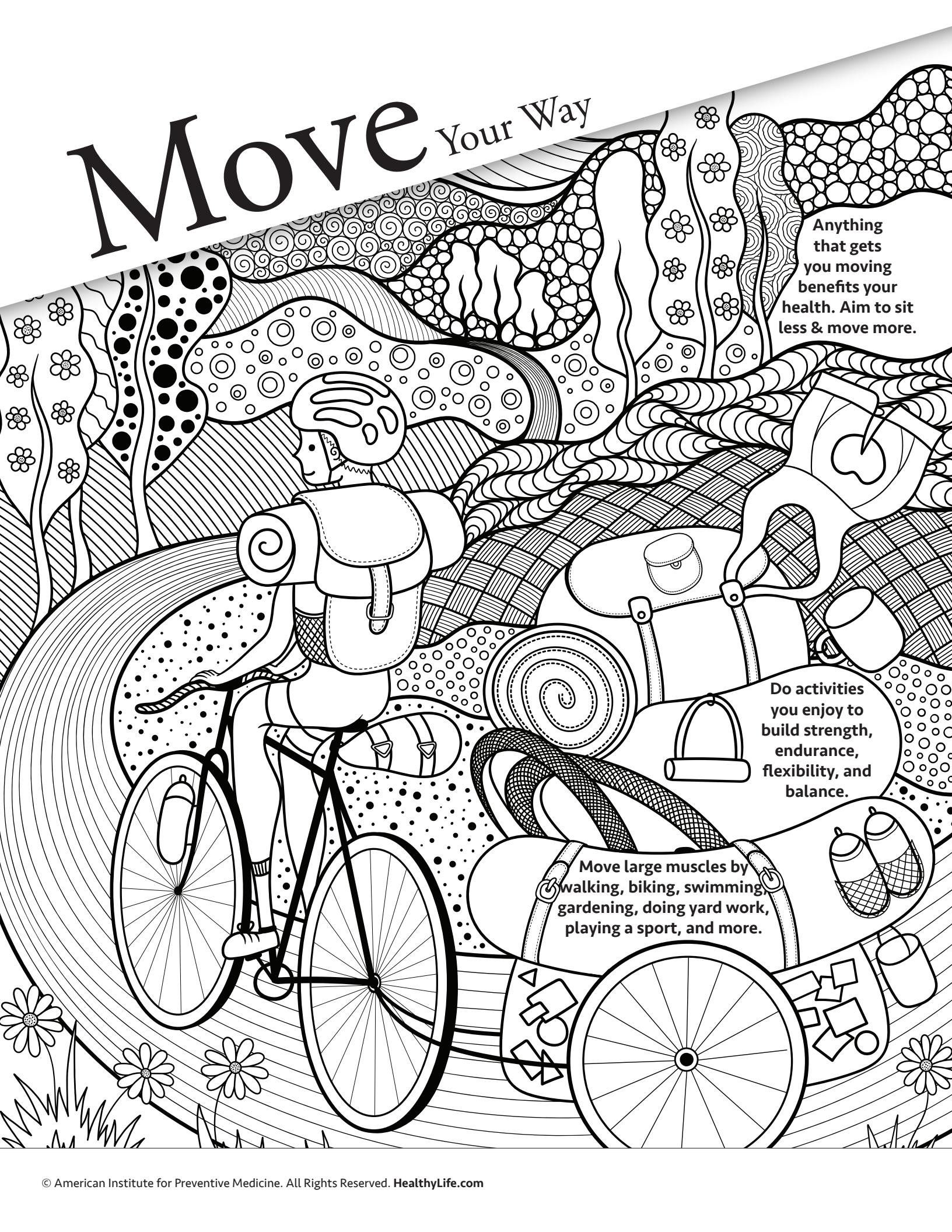


# Move Your Way



Anything that gets you moving benefits your health. Aim to sit less & move more.

Do activities you enjoy to build strength, endurance, flexibility, and balance.

Move large muscles by walking, biking, swimming, gardening, doing yard work, playing a sport, and more.