

EXERCISE IS MEDICINE

Choose an exercise that you **LIKE** and can fit into your daily routine. Try riding your bike to work and walk or ride your bike to the store to do errands.

Get a nagging injury looked at by a professional rather than stopping exercising.

Physical activity is good for the mind, body and **SOUL**.

Done daily, it will boost not only your fitness but your mood and decrease your stress.

Train smarter, not harder. Choose the appropriate exercise for your age level, fitness, and injury so that it doesn't become a chore to do.

Daily moderate exercise is better than the weekend warrior. Aim for 30 minutes a day.

TOP 6 TIPS TO GET YOU MOVING.

TODAY!

