

You Can Do It!

Get Active

For you.



For your family.



For feeling and
looking great!



You Can Do It!

Get Active

When you
are active you:

- a. Burn calories
- b. Add muscle
- c. Reduce stress



You Can Do It!

Get Active

Imagine how great
you are
going to feel!



You Can Do It!

Get Active

Take the stairs.



The more you do it,
the easier it gets.



You Can Do It!

Get Active

Take a
break
and
take a walk.

