

# It's Easy!

## Get Active

No special equipment  
needed...



only a pair of shoes  
and your 15 minute  
breaks.



# It's Easy!

## Get Active

What could be easier than:

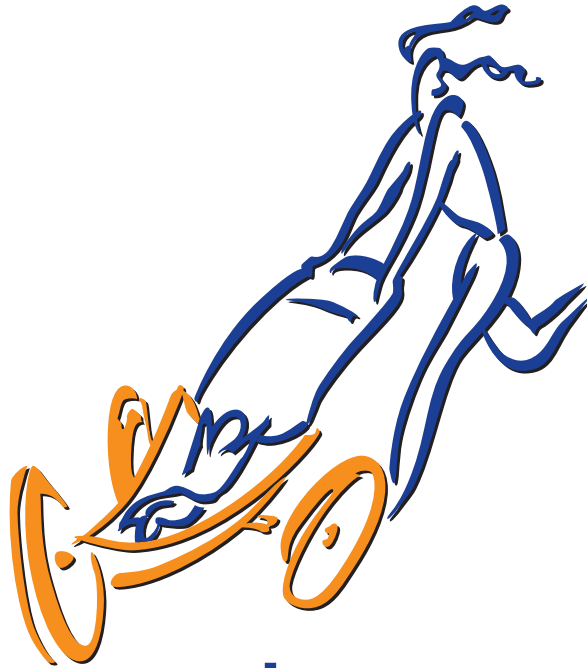
- a. Playing tag with your kids
- b. Walking with friends
- c. Taking the stairs
- d. Yard work



**It's Easy!**

*Get Active*

**Physical activity isn't  
(always) planned  
exercise...**



**it's everywhere you go!**



# It's Easy!

## Get Active

10 minutes  
here....10 minutes  
there....A few  
flights of stairs...



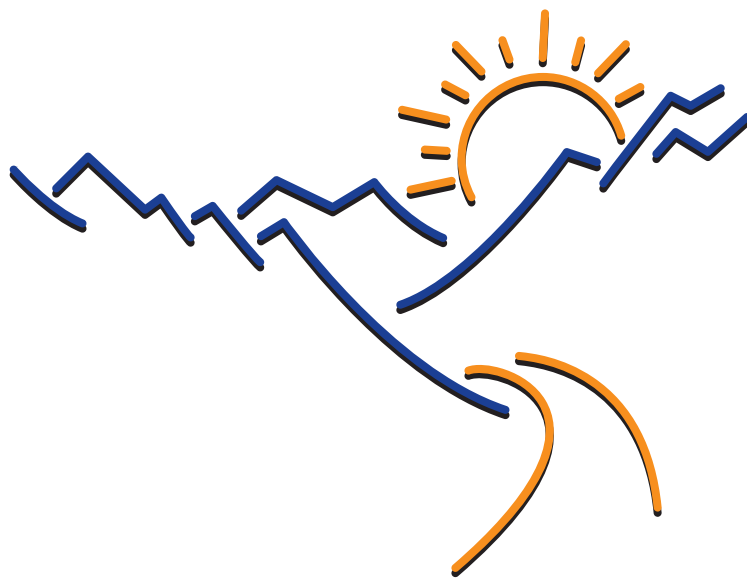
## It all adds up!



**It's Easy!**

*Get Active*

**It doesn't take  
money to exercise.**



**Just go for a walk  
or park far away.**



# It's Easy!

## Get Active

Physical activity is  
easy when you  
make it fun.



Walk with friends  
on your breaks.

