

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:

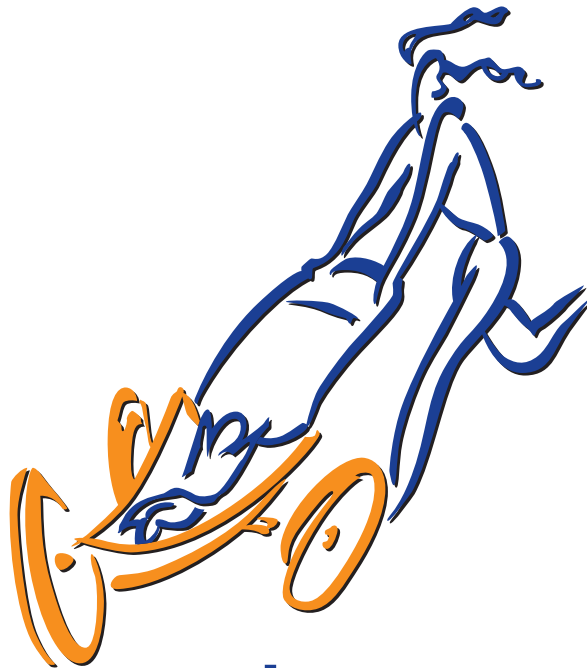
- a. Playing tag with your kids
- b. Walking with friends
- c. Taking the stairs
- d. Yard work



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.

