The more you do, the better you’ll feel

- Start slowly
- Listen to your body
- Every step counts
- Adding any amount of physical activity can bring some health benefits

It’s never too late

- Pick physical activities you enjoy and that match your abilities*
- See your doctor for a prescription to participate in fitness and activities
- Your community offers quality programs that are open, welcoming and fun for all ability levels

*Be sure to talk with your doctor about the types and amounts of physical activity that are right for you.