Ser activo es ser saludable.

Siéntase mejor, véase mejor, viva más tiempo.

Los beneficios de la actividad física son notables. Puede reducir el riesgo de diabetes, enfermedades del corazón, presión alta y colesterol. Puede elevar el nivel de su energía, reducir su tensión y mejorar su balance. Y usted puede recibir todos estos beneficios por medio de las actividades diarias. La actividad física está a su estilo de vida.

Ser activo es ser saludable.

POR LO MENOS

30	minutos al dia
10	minutos a la vez
5	días a la semana

Para más información, vea nuestra pagina de Web site al www.BeActive.org

Washington Coalition for Promoting Physical Activity and the Washington Department of Health

Washington State Department of Health

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Office of Health Promotion
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