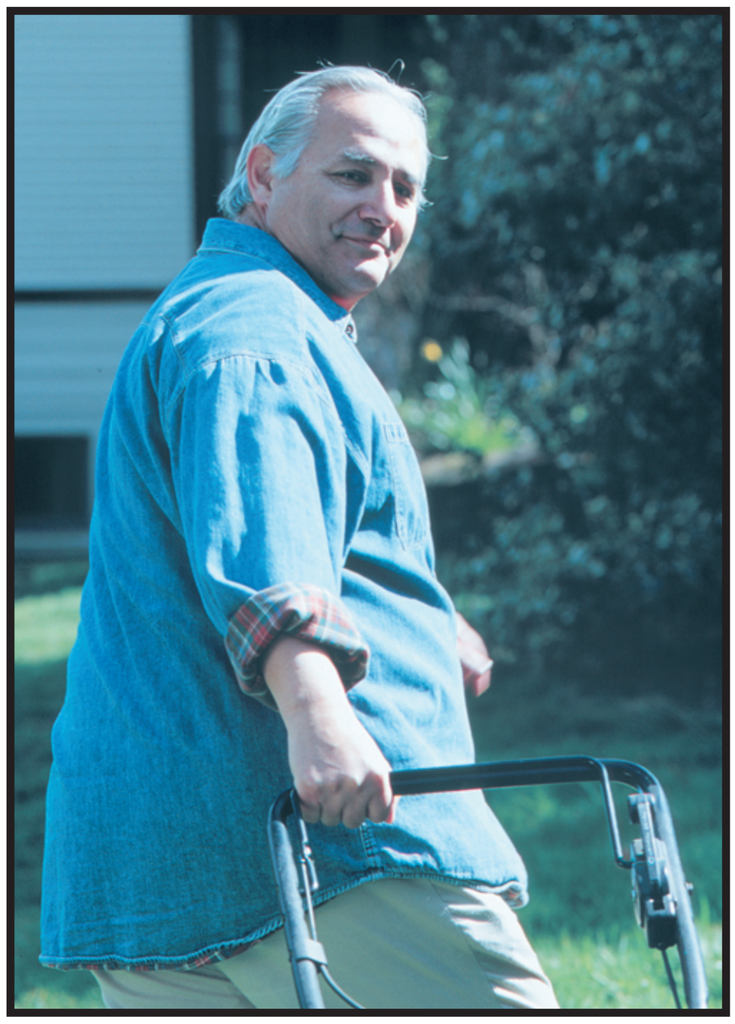
Be healthy. Be active.



Feel better, look better, live longer

The benefits of physical activity are remarkable. It can lower your risk of diabetes, heart disease, high blood pressure and cholesterol. It can boost your energy, lower your stress and improve your balance. And you can get these benefits through everyday activities. Physical activity fits with life.

Be healthy. Be active.

at least **30** minutes a day
10 minutes at a time
5 days a week

For more information, visit our Web site at www.BeActive.org

Washington Coalition for Promoting Physical Activity and the Washington Department of Health 130-037
Supported by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention

Washington State Department of Health

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