

# Let's Get Moving!

Physical activity is easier than you think, it's in everything you do – everytime you move!

**Make it a part of your life – every day!**

It's any activity that gets your body moving like walking, running, biking, playing sports, or working out, all year round.

Everyday activities such as house chores, climbing stairs, yard work, carrying grocery bags, dancing, and playing count too.

## Benefits of staying active:



Keeps your heart healthy



Reduces the risk of diabetes



Reduces the risk of respiratory diseases



Boosts your immune system



Reduces feelings of stress & anxiety



Improves your balance reducing the risk of injury from falls



Improves your sleep



Increases your energy levels



Supports your brain function & memory

It makes you feel good and healthy!

Do more and get more out of every move – every day!

Learn more ways to get active at Moving Matters.



Building Healthier Communities

