



GET ACTIVE WITH FAMILY  
AND FRIENDS!

**GO ON A WALK  
TWICE A WEEK!**

Find a neighborhood or a  
trail to walk around for 20  
minutes of your day!

**SUPPORT EACH OTHER  
TO GET OUT AND WALK!**

Encourage family  
and friends to get  
out and walk with  
you. It will make the  
experience fun! and  
enjoyable!

# BENEFITS OF PHYSICAL ACTIVITY

---

- Reduces disease risk
- Enhances a positive mood
- Control weight
- Improve body image
- Maintain healthy bones, muscles, and joints
- Provides a chance to build supportive relationships

