

## **Health Tip of the Month: Move More**



### **Begin A Year With Exercise**

Physical activity strengthens your heart and lungs and improves your immune system

Anything that moves your limbs is not only a fitness tool, but a stress buster.

Make it a daily challenge to find ways to move your body.

1. Climb Stairs
2. Walk the dog
3. Mow the lawn
4. Park farther from the store when you shop
5. Ride a bike or swim
6. Take a walk in the park