

Move More

Been inactive for a while?

- Start out slowly
- Choose moderate-intensity activities you enjoy
- Build up time spent doing the activity gradually
- Vary your activities, for interest and range of benefits
- Explore new physical activities
- Reward and acknowledge your efforts

REMEMBER:

Drink lots of water before, during and after physical activity.

Wear sunscreen and sunglasses even in the wintertime.



317386

WORKING FOR A HEALTHIER TN