

# Be Active

Regular physical activity is one of the most important things you can do for your health. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Take a few minutes to figure out how to add physical activity to your life. Find something you enjoy, such as jogging or running, dancing, or playing sports.

Take the stairs instead of the elevator

Park farther away and walk

Take family walks or play active games together

*Tips*

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