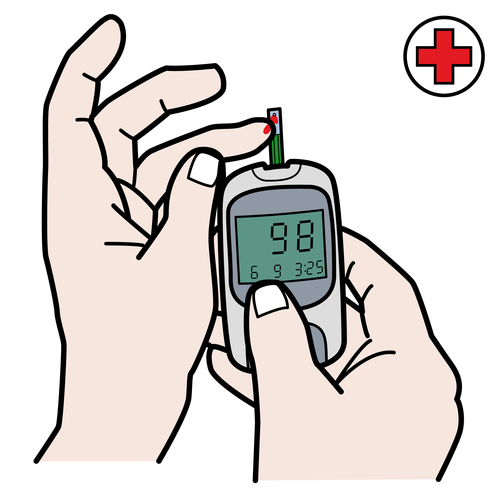
Physical Activity

Benefits of physical activity:



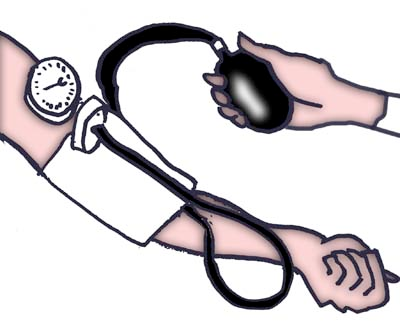


Prevent and control diabetes

Sleep better

Manage weight





CAPTION

CAPTION

Lower blood pressure

Reduce stress

Improve your mood

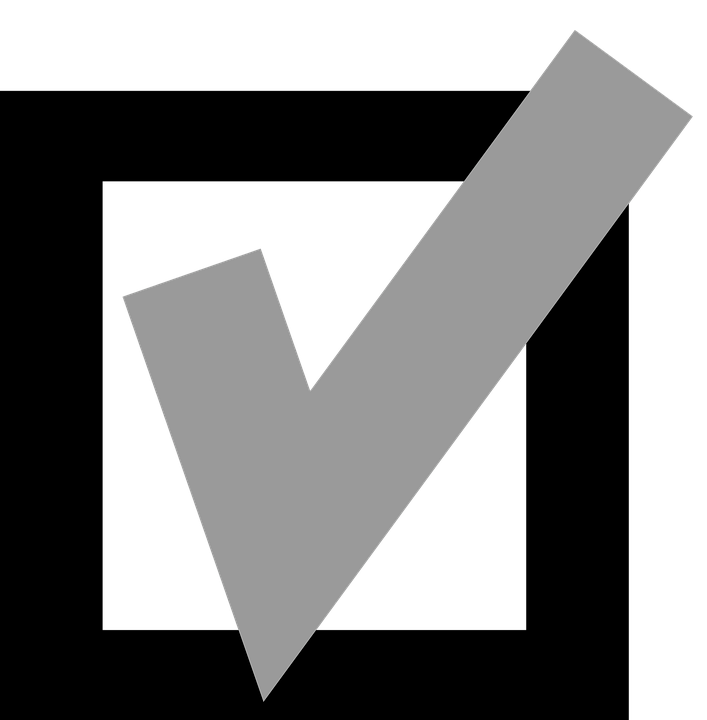
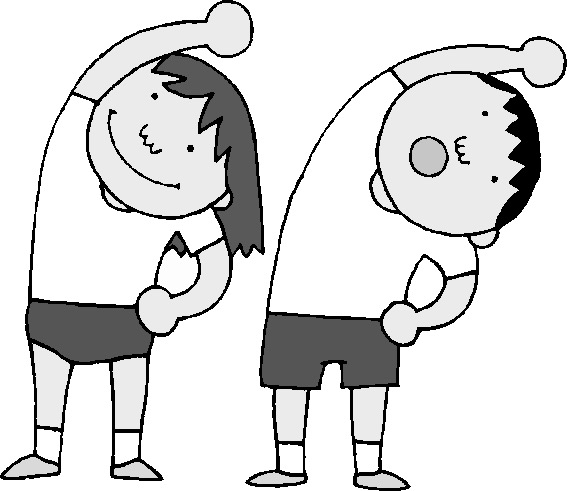
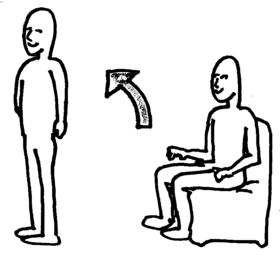
How to be physically active:



Start with 10 minutes

Do activities that are fun

Check with your doctor



Avoid sitting for more than half an hour

Make time for it everyday

Be active with others