



GET MOVING: 30 x 5



MODERATE INTENSITY AEROBIC EXERCISE ACTIVITIES



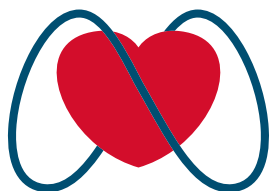
Do *Moderate Intensity Aerobic Exercise* for **30** minutes **5** times per week.

You can break the 30 minutes in to **three 10-minute** sessions.

Be sure to not have more than one day off in between sessions.

BENEFITS

STRONG HEART & LUNGS



WEIGHT LOSS



HELPS MANAGE BLOOD SUGARS



PROTECTION FROM

HEART DISEASE



DIABETES



OBESITY



STRESS



OSTEOPOROSIS



HCM

HILL COUNTRY
MEMORIAL