



GET MOVING: 60 x 5

EXERCISE PROGRAM FOR YOUTH



MODERATE INTENSITY AEROBIC EXERCISE ACTIVITIES

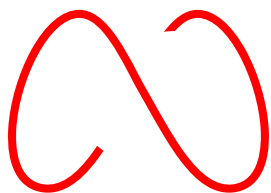


Do *Moderate Intensity Aerobic Exercise* for **60** minutes **5** times per week.

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