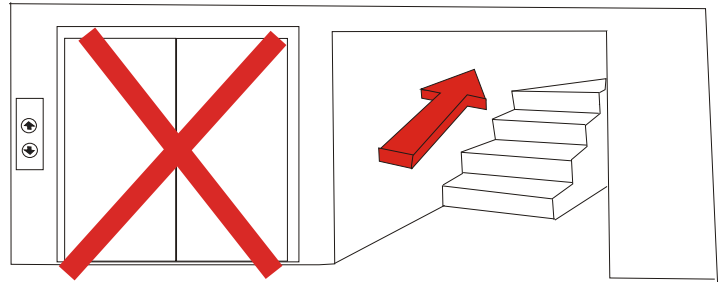


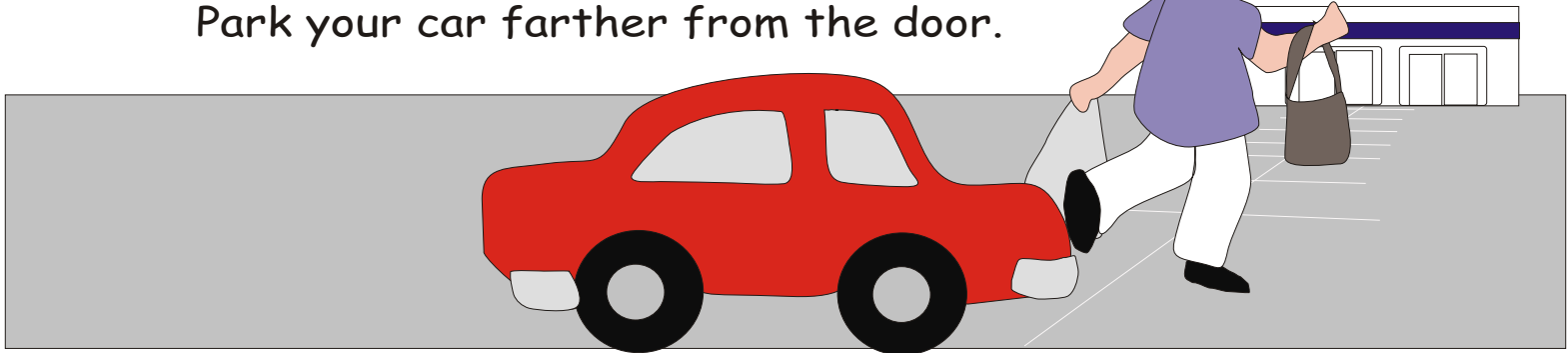


# EXERCISE: What you need to know

This information is provided by the Community Health Centers of Arkansas, Inc.



1. You can start exercising!  
Just sit less and move more.  
Use the stairs instead of the elevator.  
Park your car farther from the door.

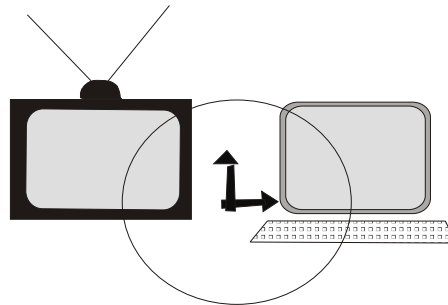


2. Exercising is making active choices.

Start slowly.

Choose an activity  
you enjoy.

Do it daily-it will  
become a habit.



3. Less screen makes you lean!

For every 30 minute T.V. program you watch  
or computer game you play, spend 10 minutes  
being active.