



Why Get Active?

- **Control Your Weight!**
- **Improve Your Health!**
- **Increase Your Energy!**
- **Feel Happy!**
- **Give Your Kids the Best Start!**

One Small Step Can Change Your life

Changing life habits is hard.
Anyone can take a few small steps
toward a more active way of life.
Thirteen small steps are listed on the next two pages.
Choose one you can do this week!