

JUST MOVE!

Improves willpower

Decreases pain

Keeps your brain healthy

Reduces cravings

Even 5 minutes will help

Work with your medical team to find the best type of movement for you

DECREASES INFLAMMATION

Get outside!

Move EVERY day, even if you don't feel good

Increases energy

Improves sleep and mental health

HEALTHY



DRAINS energy!

Failing health

Being too sedentary

Linked to dementia!

Doing less than 20 minutes of movement per day

Pushing past pain

Stiffer and weaker tissues over time including BONE, tendons and muscles

Increased diabetes

Movement is the forgotten pain killer

SEDENTARY

