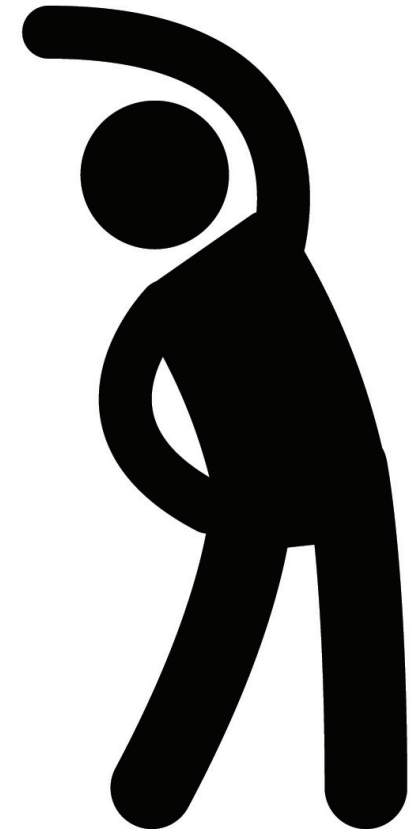


Fun Facts: Physical Activity and Water

Being Physically Active

1. Makes you feel better—more refreshed.
2. Helps you feel less depressed or upset when you exercise often.
3. Makes you stronger.
4. Builds more muscle, and helps you lose body fat.
5. Lowers chance of getting diabetes, having high blood pressure, heart disease, and other diseases.



Choose
to Move



Drink More
Water

Drinking Water

1. Increases energy level.
2. Decreases joint and/or back pain.
3. Helps digest food and prevents constipation.
4. Can maintain healthy body weight.
5. Moisturizes skin and gives it a healthy, glowing appearance.