

Get Active!!!!

.....and manage your blood pressure

Week 5



Excuses...

- Crazy work schedule
- Family life overflowing with daily activities
 - Not enough hours in the day
 - Tired at the mere thought of exercise

Reenergize your body & your mind!!!

Benefits of being active:

- Strengthens your heart
- Reduces risk for other health problems
 - Aids in weight loss
- Reduces stress, depression, anxiety
- Strengthens muscles, improves flexibility



Hula Hooping is fun, making exercising less of a chore! It also has several benefits:

- Burns fat
- Tones your body
- Increases your fitness level
- Improves your mood, coordination and flexibility of your spine

Other activities you can try:

- Dancing
- Playing tennis
- Gardening
- Jumping rope

Just start with short periods of activity. Small steps can make a big difference!!