

WAYS TO BE ACTIVE!



Play a sport.



Join Special Olympics.



Join Special Rec.



Go for a jog.



Do housework/chores.



Dance.



Do an exercise video.



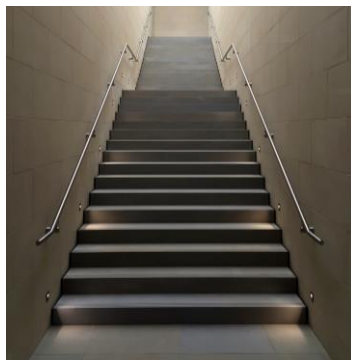
Stretch



Use exercise equipment.



Walk your dog.



Take the stairs.



Lift weights.