Exercise is good for you

Exercise regularly to stay healthy.

Exercise can help you to:

- lose weight
- feel better
- have more energy
- become fit
- sleep better
- not become ill

Exercise a little every day.
Exercise ideas

Choose exercises you enjoy.

- Gentle exercise
- Walking
- Cycling
- Swimming
- Sport
- Dancing
- Join a gym
- Gardening
- Walk up stairs, not the lift
- Walk to the shops

www.widgit-health.com
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