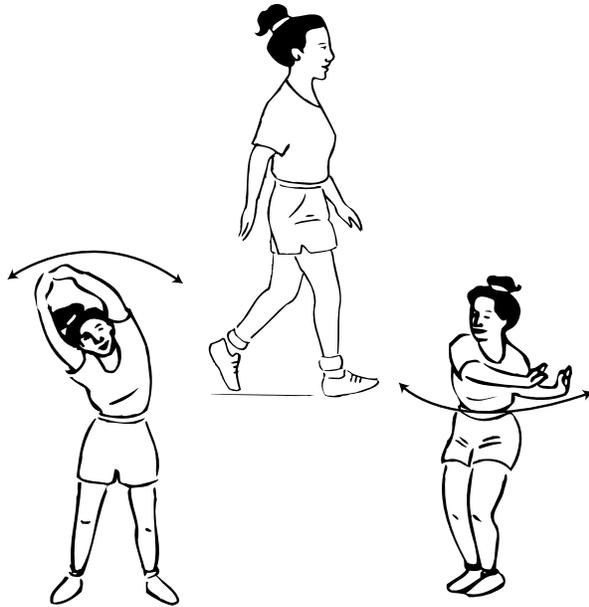
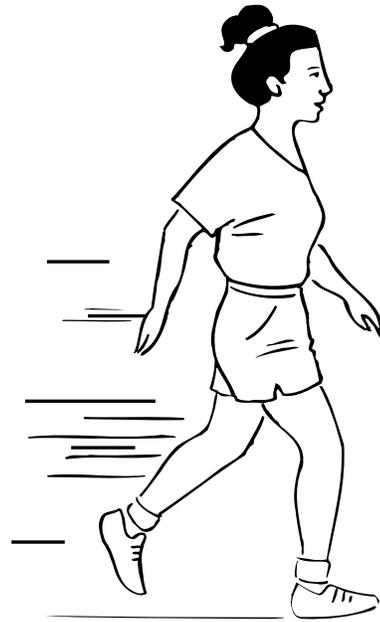


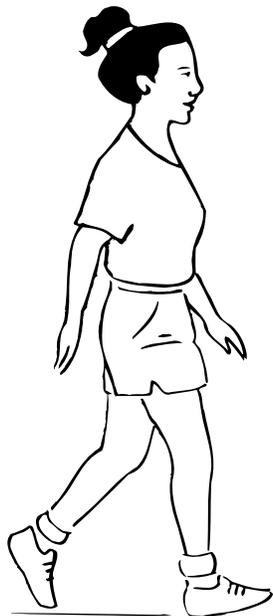
# Tips on Physical Activity



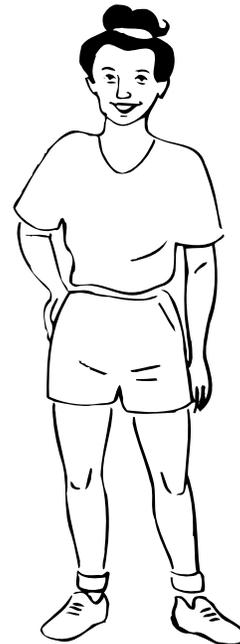
**1.** Walk slowly for 5 minutes. Then do stretching exercises. (See handout on stretching exercises.)



**2.** Walk briskly for 20 minutes.



**3.** Walk slowly for 5 minutes.



**4.** Relax!