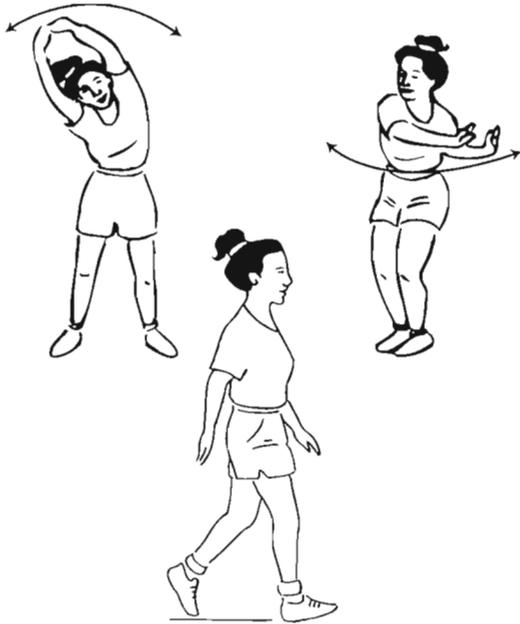


# How To Be Physically Active



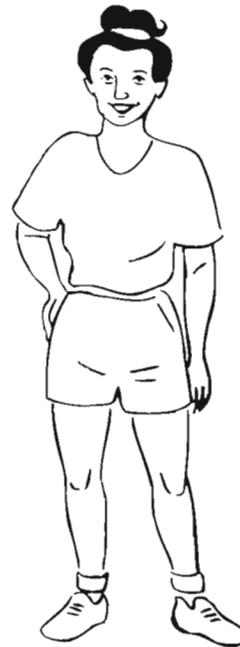
1. Walk slowly for 5 minutes. Then do stretching exercises. (See handout on stretching exercises.)



2. Walk briskly for 20 minutes.



3. Walk slowly for 5 minutes.



4. Relax!