

Take charge! Choose the right mix of activities to energize, build muscle and get your heart pumping.

Take Charge

Choose

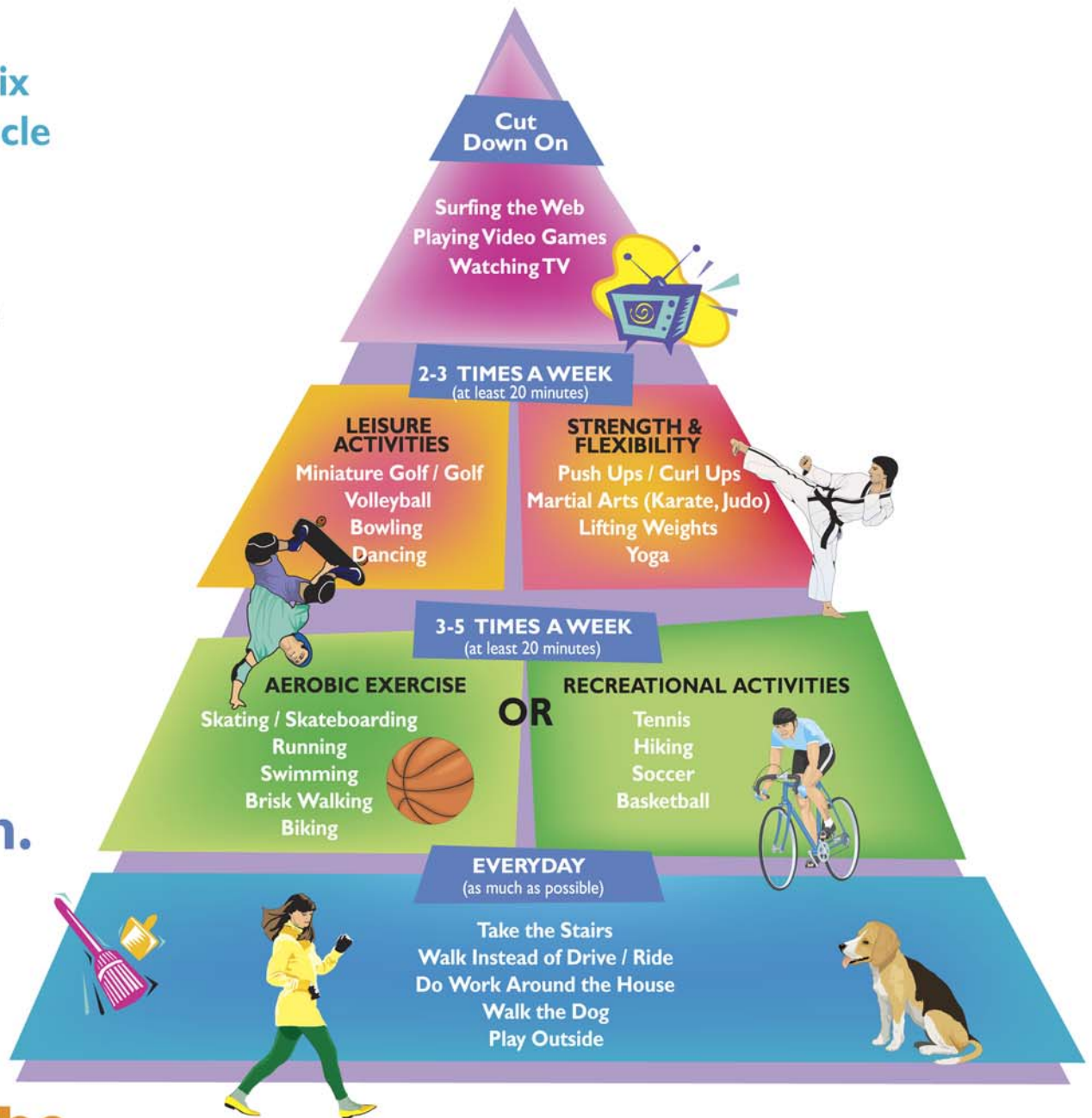
Healthy

Activities &

Recreation

Goals for 30-60 min.

Everyday



the
Activity Pyramid