



# *Fall* into **FITNESS**

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- ★ Enjoy more **EVERYDAY** activities such as walking the dog or raking leaves.
  - ★ Enjoy more **AEROBIC** activities such as biking, swimming, or taking a brisk walk.
  - ★ Enjoy more **RECREATIONAL** activities such as soccer, football, volleyball, kickball or frisbee golf.
  - ★ Enjoy more **STRENGTH** activities such as weight lifting or stretching.
  - ★ Enjoy more **FLEXIBILITY** activities such as yoga, pilates, or tai chi classes.
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