

# *Fall* into **FITNESS**

- ★ 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.

