

Why Exercise?

Healthier Heart



Healthy Bones

More energy



Make Friends



BENEFITS OF REGULAR EXERCISE



Sleep Better

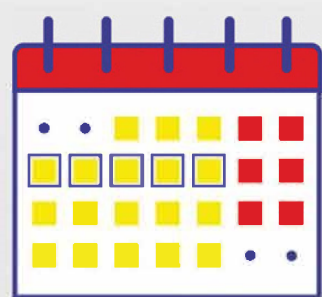


Become Fitter



Healthier Weight

WHAT'S RECOMMENDED?



x 5 Days a Week

Remember, it doesn't have to be all in one go!!



3 x 10 = 30 mins