

# EXERCISE

Did you know that the CDC recommends adults to get at least 150-300 minutes of moderate physical activity?

## PHYSICAL ACTIVITY CAN HELP:

- **REDUCE HEALTH RISKS LIKE: DIABETES, HEART ATTACKS, STROKES, ETC**
- **MAINTAIN OUR BLOOD SUGAR**
- **REDUCE STRESS**
- **IMPROVE FOCUS**
- **INCREASE ENERGY**

## CHALLENGE:

- **5-10 SQUATS**
- **5-10 CALF RAISES**
- **5-10 PRESS-UPS**
- **5-10 TRICEPS DIPS**
- **5-10 LUNGES**

