

# FINDING YOUR **FITNESS**

GET THE MOST OUT OF MOVEMENT

## **ASSESS YOUR TRUE FITNESS LEVEL.**

Set realistic fitness goals, monitor progress, and maintain motivation.

## **MOVE YOUR WAY.**

Do more mindful movement that makes you happy.

## **GO FOR VARIETY.**

Amp up your routine with aerobic, strength, stretching, and balance exercises.

## **EXERCISE FOR YOUR BODY & MIND.**

Moving more improves memory, brain function, and mood.

## **CHANGE YOUR BRAIN.**

Exercise promotes happiness, resilience, and awareness.