

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.



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