Exercise is good for you

Exercise regularly to stay healthy.

Exercise can help you to:

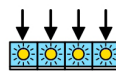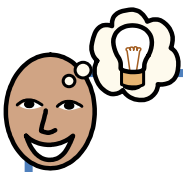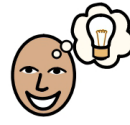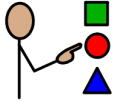|	
lose weight ✔	feel better ✔
have more energy ✔	become fit ✔
sleep better ✔	not become ill ✖

Exercise a little every day.

✚ WidgitHealth

Exercise ideas

Choose exercises you enjoy.

gentle exercise

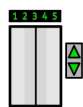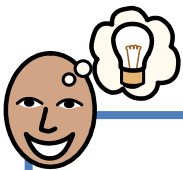walking

cycling

swimming

sport

dancing

join a gym

gardening

Walk up stairs, not the lift

Walk to the shops

Widgit Health