

30 MINUTES' PHYSICAL ACTIVITY A DAY



CYCLING



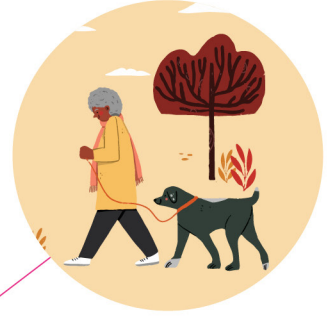
GARDENING



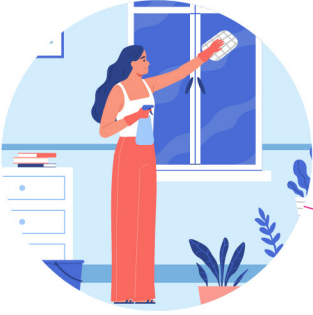
TAKING THE STAIRS



DOG WALKING



CLEANING



Take any opportunity to get moving!

TAKE PUBLIC TRANSPORT



SPORTS: GYMNASTICS, SWIMMING, RUNNING, ETC.



STAND UP WHILE ON THE PHONE



GO FOR A WALK



WALK YOUR CHILDREN TO SCHOOL



Agir pour le Cœur des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

