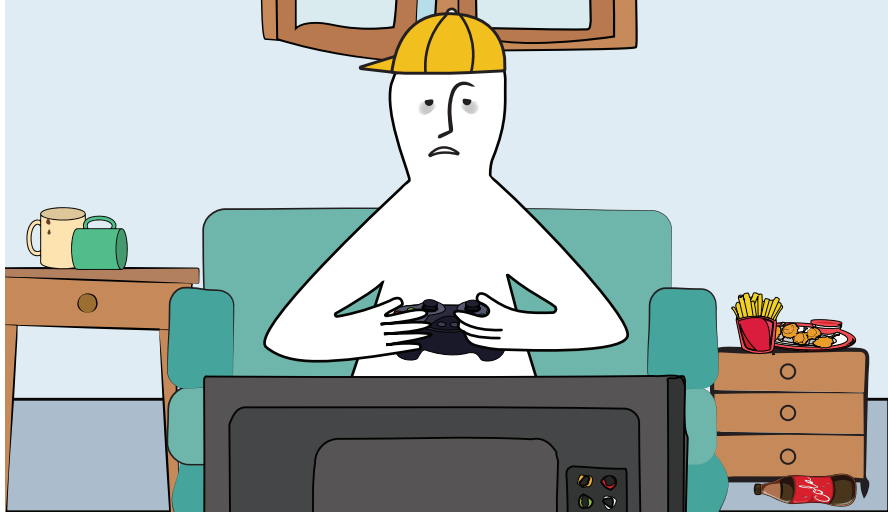


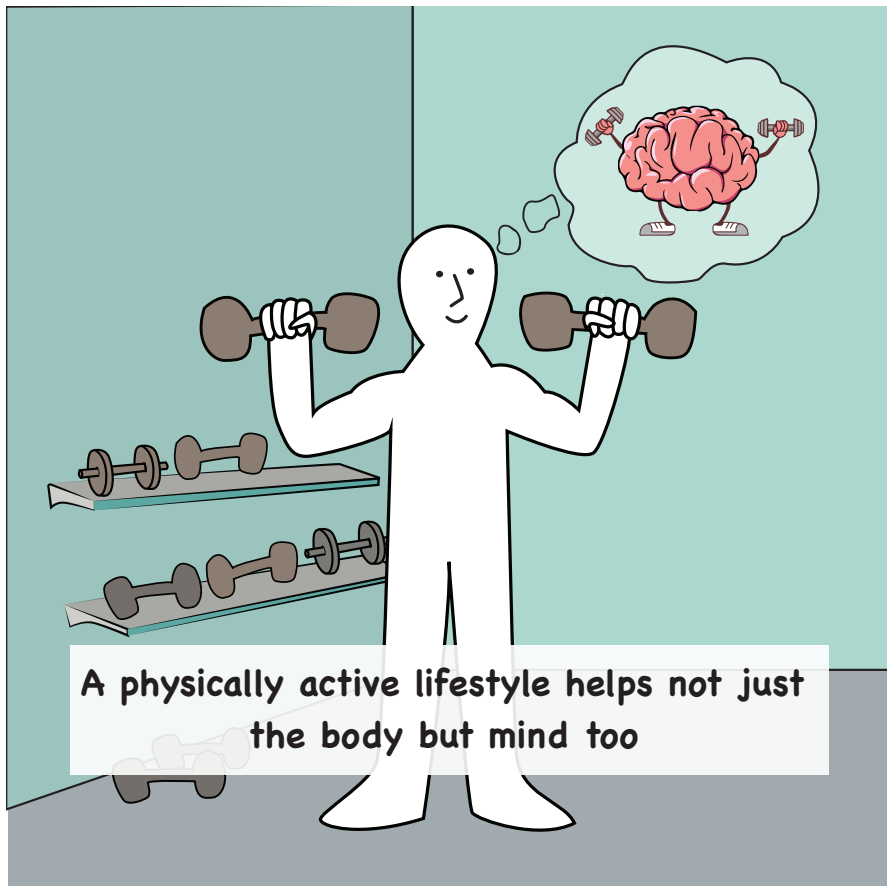
Insufficient physical activity is one of the leading health risks among young people.



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LET'S
**Be
active**
Everyone
Everywhere
Everyday



**A physically active lifestyle helps not just
the body but mind too**



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Have you walked to your **7,000** steps
today?



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Working long hours without physical activity and leisure time can have adverse health and psychological affects.



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**Your daily milestone is at least four miles
of brisk walking.**

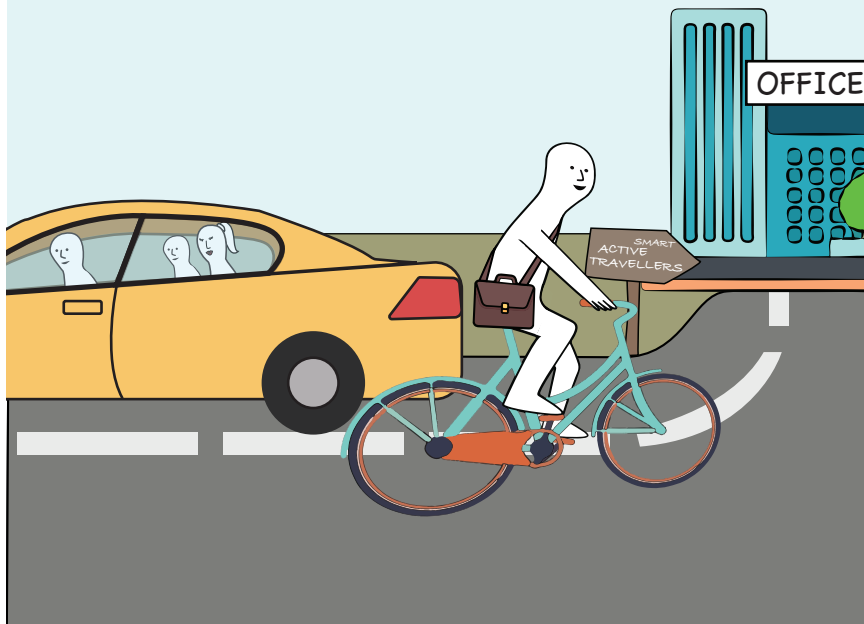


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Make an active statement by bicycling to office.

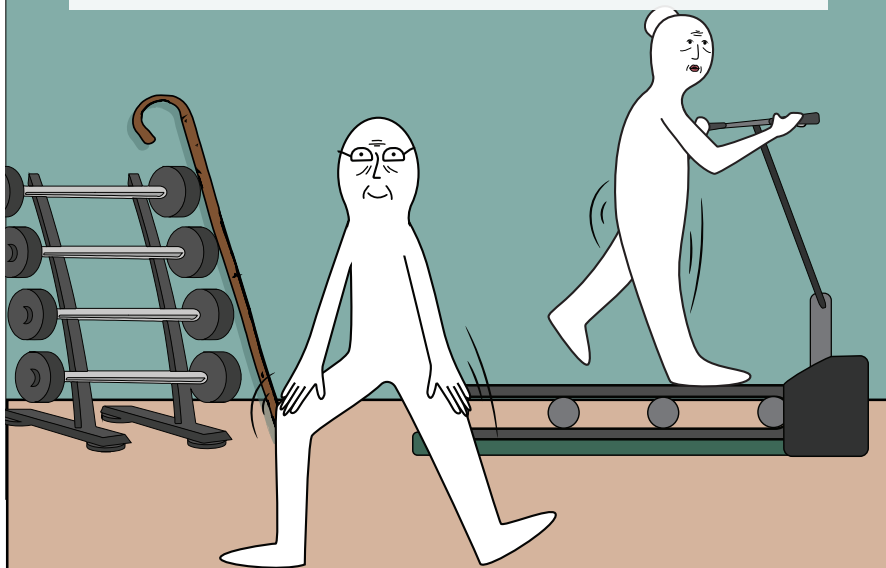


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Stay wiser and physically active as your age.

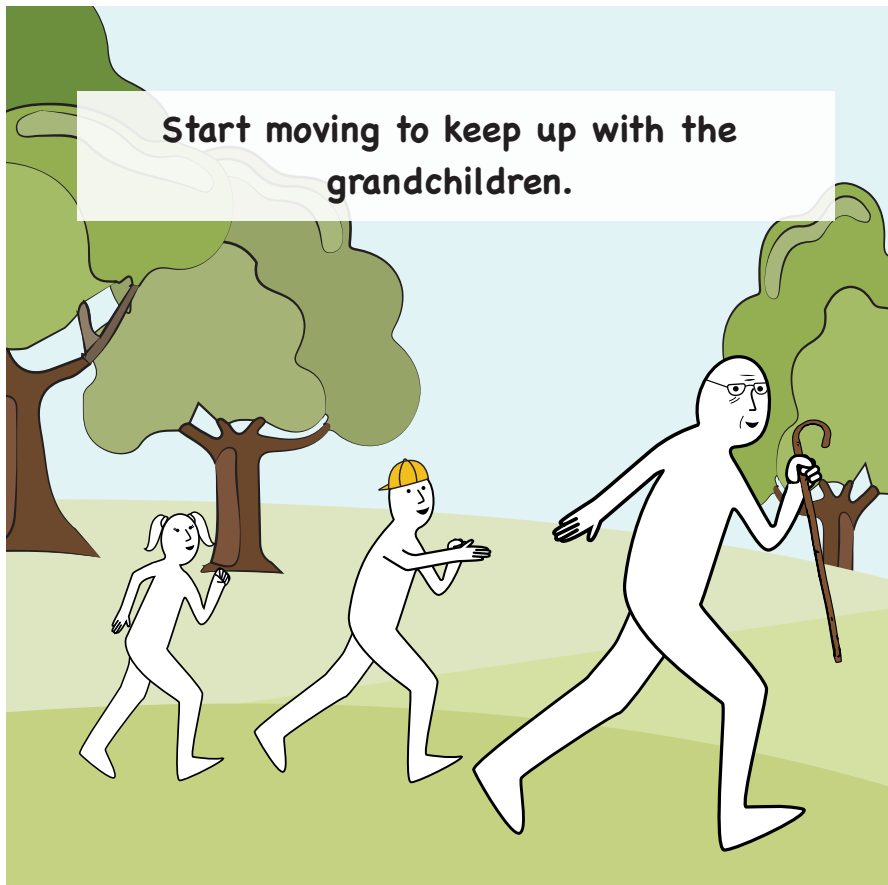


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Start moving to keep up with the grandchildren.

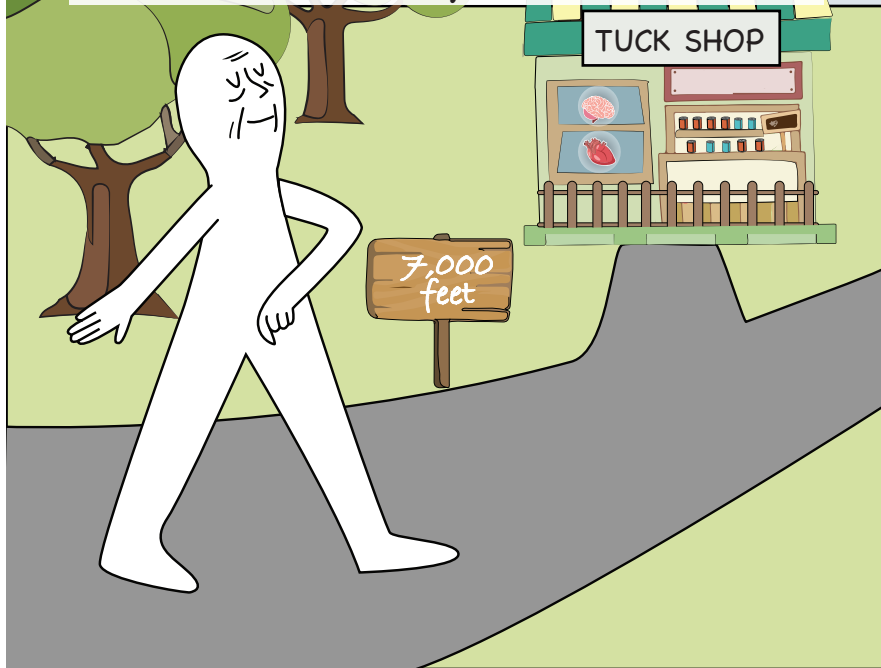


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For elderly people, at least 7,000 steps a day helps maintaining a healthy heart and a healthy mind.

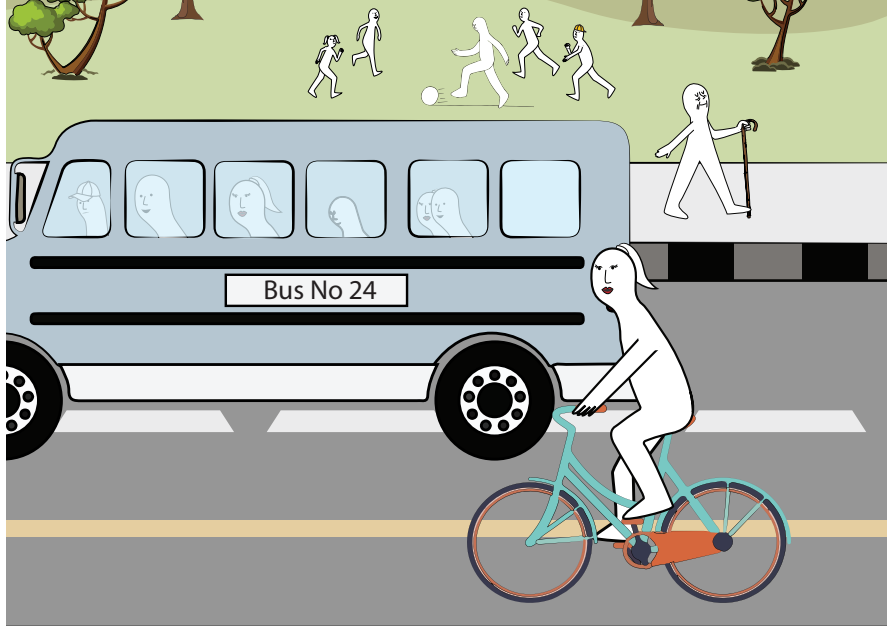


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Let's build active environments for active living for communities.



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School is not just study but also play and fun.



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Fun and fitness is for everyone and for all ages.



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