

GYM = Get Yourself Moving!

Exercise can be fun, relaxing, and even eccentric. Whatever your motivation, wherever your location, the key is to find an exercise that gets you up and moving, encourages you to keep going, and that you thoroughly enjoy. So, **GYM** today!!!



Rollerblading - a total body workout



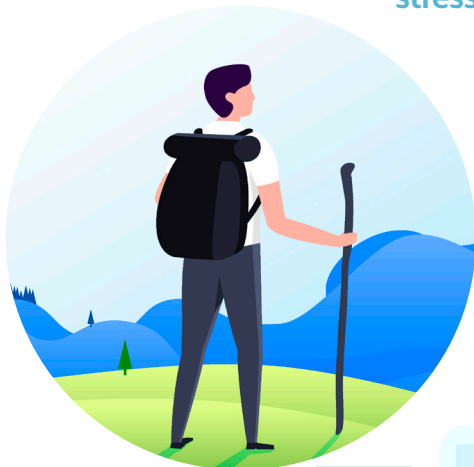
Yoga - increase flexibility + decrease stress and anxiety



Basketball - find a pickup game or shoot hoops



Tennis - make it a family-friendly competition



Hiking - hit the trails in your local park or discover new places outside of your city

Bicycling - on sunny days, pedal to work or around your neighborhood. Challenge yourself with hills!

