Move

Consistent daily movement is associated with:
- 15% decrease in breast cancer
- 28% decrease in diabetes
- 43% more likely to age gracefully

**Weekly Aim**
- 150 minutes of moderate-intensity exercise

**Daily Aim**
- 10,000 steps

Tips:
- Schedule time
- Pack a bag ahead of time
- Make an upbeat playlist
- Get a workout buddy
- Start small
- Make an upbeat playlist
- Schedule time