



**DID YOU
KNOW?**

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active.

**THE
GOOD
NEWS IS**

You and your family can make small changes that may yield big results; simply take a walk after dinner, go for a quick bike ride, or find other ways to move that you enjoy.



**MISSISSIPPI STATE UNIVERSITY™
EXTENSION**

PHYSICAL FITNESS & SPORTS



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