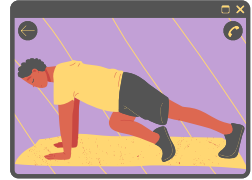# Be active throughout the day!

Moving our bodies throughout the day can help us be healthy.

Be active in the **morning**

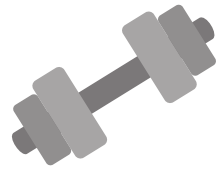Go for a walk.

Do an exercise video.

Be active in the **afternoon**

Dance break!

Lift weights.

Be active in the **evening**

Stretch/do yoga.

Clean.

To be active throughout the day, I can...

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Advocate Medical Group
Adult Down Syndrome Center