

Physical Activity

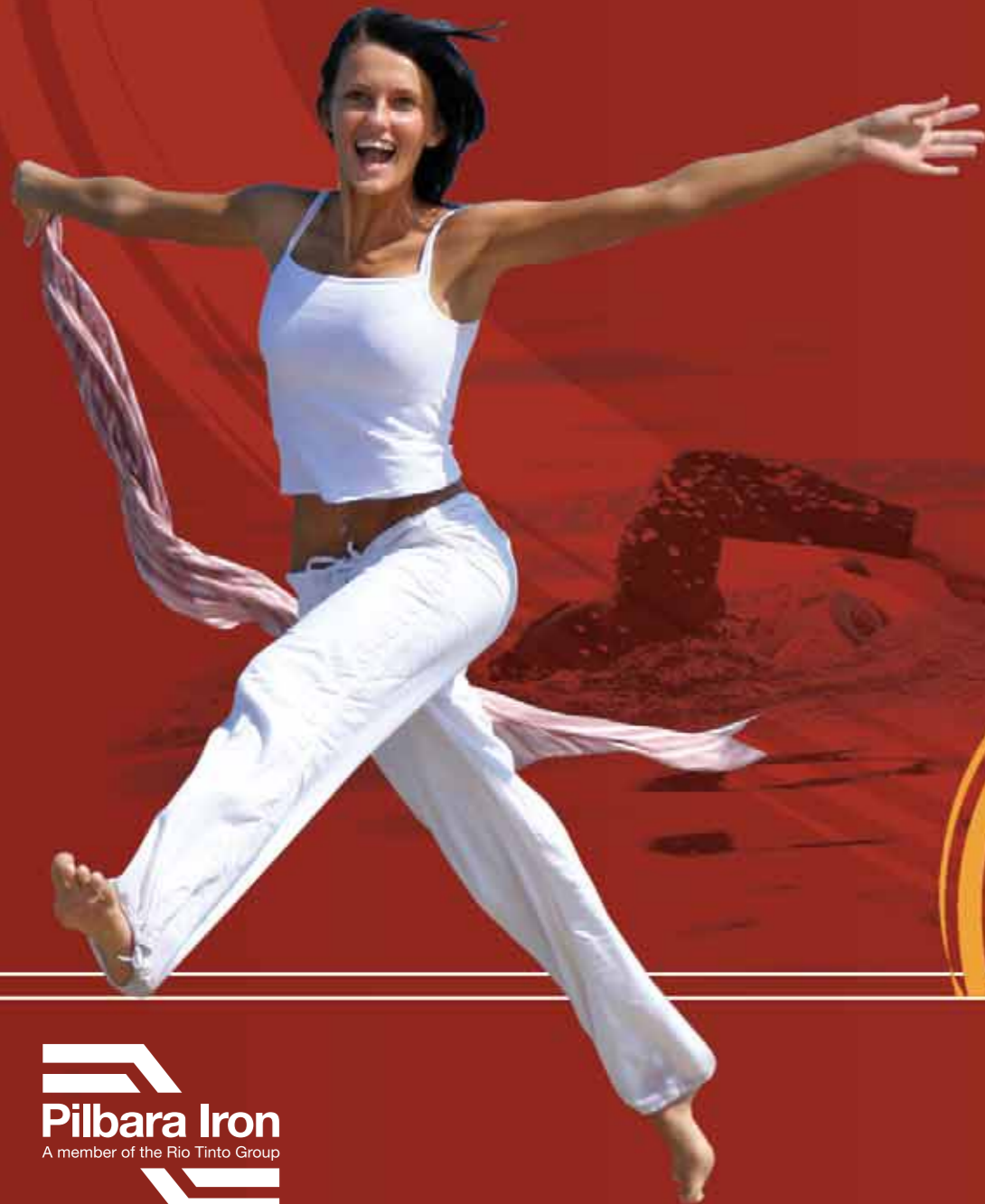
Find 30
Its not a big exercise



Get fit and healthy, lose weight and feel more energetic. Play and keep up with your kids to reduce the risk of CVD, Diabetes, Obesity, Depression and Stress.

- If it's hot go for a swim
- Take the stairs to work
- Organise to meet for a walk with a friend instead of coffee
- It's hot, remember to hydrate

It doesn't need to be vigorous, just regular.



pilbara health