

PHYSICAL ACTIVITY

UNLOCK THE POWER OF MOVEMENT



Imagine a simple daily habit that **boosts your energy, supports your mood, strengthens your heart**, and helps you sleep better, all without a prescription.

That habit is movement.

Physical activity is one of the most powerful things you can do for your body and mind. And it doesn't require intense workouts or expensive equipment. Just a little **more movement**, more often, can create lasting changes in your health.

Why It Matters

Consistent physical activity can help:

- Improve circulation and lower blood pressure
- Increase energy and stamina throughout the day
- Boost your mood and reduce stress and anxiety
- Strengthen your bones and muscles
- Support healthy blood sugar and weight levels
- Improve sleep quality and mental clarity

It's also one of the best ways to prevent and manage chronic conditions like diabetes, high blood pressure, and joint pain.

How Much is Enough?

Aim for:

- Around 30 minutes of moderate movement a day
- Add muscle-strengthening activities at least twice a week

But don't worry if you're not there yet, small steps lead to big progress. Even 10-minute bursts of activity throughout your day can have a real impact. Physical fitness isn't just about looking good, it's about feeling good and preventing illness. **Even small steps can make a big difference:**



Start Simple

A 30-minute walk, 5 days a week, can lower your risk of heart disease and boost your mood.



Stay Consistent

Find activities you enjoy, like dancing, biking, or yoga, to keep moving.



Build Strength

Light resistance exercises can improve bone health and metabolism.

Getting Started: Tips That Make It Easier

Adding more movement to your life doesn't have to be overwhelming. Here are a few practical ideas to help you stay consistent:

Break it up

Try three 10-minute walks spread through your day

Stack it with habits

Do squats while brushing your teeth or stretch during TV commercials

Turn daily tasks into activity

Walk the dog, clean the house with purpose, or dance while cooking

Keep it social

Invite a friend or family member to join you, accountability helps

Set a goal you can enjoy

Whether it's a walk in the park or learning a new activity, fun keeps you coming back

The key is to keep it simple, enjoyable, and doable.

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