# Exercise: why to start
Exercise will

❖ give you energy

❖ lower cholesterol

❖ help control weight

❖ decrease stress

❖ help prevent heart disease and high blood pressure

Exercise: don't be a
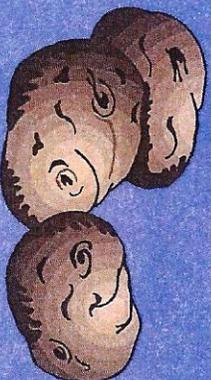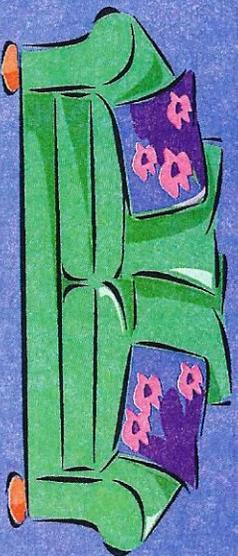
- Take your kids or grandkids to a park
- Walk
- Garden
- Dance
- Other ideas?