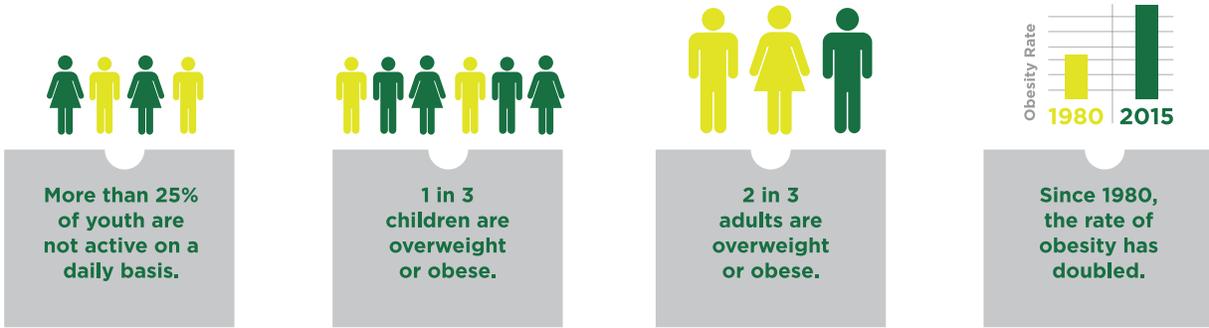
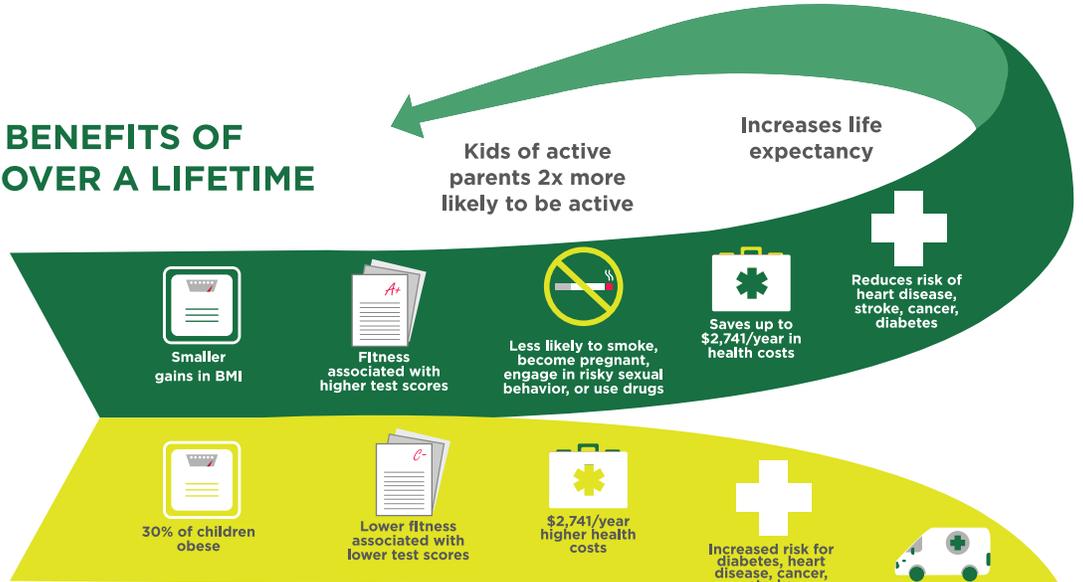


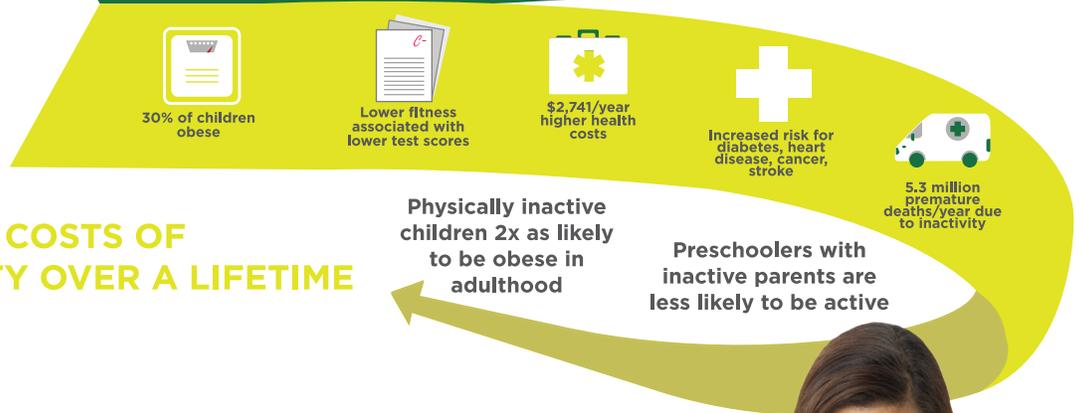
Compounding Effects of Physical Activity



THE COMPOUNDING BENEFITS OF PHYSICAL ACTIVITY OVER A LIFETIME



THE COMPOUNDING COSTS OF PHYSICAL INACTIVITY OVER A LIFETIME



EFFECTS OF PHYSICAL INACTIVITY

- Heart disease
- Diabetes
- Cancer
- Diminished bone health

