

Mission In Motion
Health & Wellness Weekly Bulletin
June 2012—Physical Activity



June 4, 2012—Week 2

Physical activity for all shapes and sizes

All of us can benefit from physical activity—no matter how out-of-shape you are or how long you've been inactive—and the benefits of exercise are huge. You can increase your chances of living longer and control your blood pressure, blood sugar, cholesterol and weight. If that's not enough to motivate you, getting more active can:

- ✧ Be fun
- ✧ Help you look your best
- ✧ Improve your sleep
- ✧ Strengthen your bones, muscles and joints
- ✧ Lessen your chances of becoming depressed
- ✧ Boost the way you feel about yourself

Source: U.S. Department of Health and Human Services

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

