



BE A PLAYER

Get up and Play an Hour a Day!

YOU DON'T HAVE TO BE AN NFL STAR LIKE REGGIE BUSH TO BE A PLAYER! JUST GET UP AND PLAY AN HOUR A DAY! IT'S A GREAT WAY TO BE HEALTHY, HAVE FUN, AND AVOID A LAZY PENALTY. BEING HEALTHY AND STAYING ACTIVE IS IMPORTANT. VISIT SMALLSTEP.GOV TO LEARN ABOUT FUN WAYS TO GET AN HOUR OF EXERCISE A DAY!



Ad
Council

www.smallstep.gov

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