

Motion as a Prescription

Being more active can be simple, fun, and good for your health! Here are some short video ideas on how you can incorporate physical activity into your daily routine.

SCAN TO WATCH



EPISODE 1



Motion Matters

Learn daily activities to improve health without special equipment



EPISODE 2



Motion Minutes in Every Day

Learn how to make “motion minutes” part of your daily routine



EPISODE 3



Resistance Revolution

Learn simple muscle strengthening exercises to improve health