



Working out works wonders. It builds muscle and self-confidence. It boosts the metabolism and the immune system. Most importantly, it benefits the body and the mind.

Seize the days and get moving

Exercise is good for everybody. It doesn't matter how old you are, or how long it's been since you last worked up a sweat; you'll feel the benefits almost immediately.

Do a little, a lot.

30 minutes of exercise every day is the magic number. You can even break it up into 3 10-minute mini-workouts ... Your body won't know the difference.

Go hard, then go easy.

Never do intense workouts 2 days in a row. Give your body the time it needs to recover: If you run today, walk tomorrow.

Get pumped up.

The more you move, the more energy you'll have. You might think you'll be worn out after your workout, but studies show that regular exercise can help boost energy and fight fatigue.

Get more workout wisdom at kp.org/fitness.

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