Health Reach Community Health Centers



Commit to be Fit... ...May is Physical Fitness Month!

Why?

- Regular exercise can help prevent diseases
- Active students are better learners
- Exercise reduces stress, improves mood, boosts self-esteem

Build a happier, healthier, stronger family

Put aside your technology for more activities together!

Ideas for jamily fun this summer

- Yard work or gardening
- Fruit picking
 - Camping, boating, fishing
- Stargazing
- Collecting seashells
- Building a fort outside W

For more ideas visit: http://www.letsgo.org/

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