

# 30 MINUTES' PHYSICAL ACTIVITY A DAY



**CYCLING**



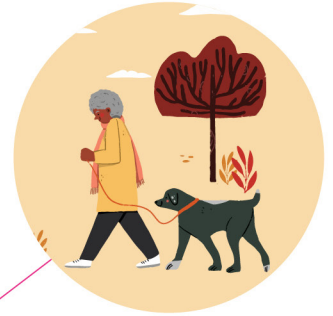
**GARDENING**



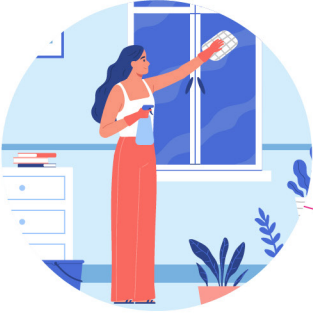
**TAKING THE STAIRS**



**DOG WALKING**



**CLEANING**



**Take any  
opportunity  
to get  
moving!**

**TAKE PUBLIC  
TRANSPORT**



**SPORTS:  
GYMNASTICS,  
SWIMMING,  
RUNNING, ETC.**



**GO FOR A WALK**



**WALK YOUR  
CHILDREN TO  
SCHOOL**



**STAND UP WHILE  
ON THE PHONE**



**Agir pour  
le Cœur  
des Femmes**

Women's Cardiovascular Healthcare Foundation

[www.agirpourlecoeurdesfemmes.com](http://www.agirpourlecoeurdesfemmes.com)

