

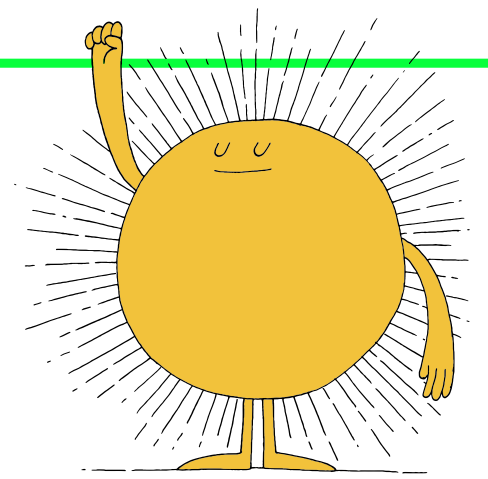
# 10 ways to get active and boost your well-being

Being active helps us feel happier so build activity into your everyday life.

Start with one thing from the list this week. What will it be?

**1.** Get into a routine

**6.** Set a goal



**2.** Pick a time and a place

**7.** Join a virtual exercise group

**3.** Limit screen time



**8.** Make a plan

**4.** Record your activity and share with a friend

**9.** Spread activity throughout the week

**5.** Try a variety of at-home or solo physical activities

**10.** Remember, every step counts!

