Each card shows a different activity that can be done together as a family.

Getting the right amount of PHYSICAL ACTIVITY has GREAT HEALTH BENEFITS.

You can:
- Enhance mental well-being and reduce stress
- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes
- Maintain a proper BMI
- Improve blood pressure and blood sugar levels
- Reduce the risk of coronary heart disease
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