



Physical Activity 30 Sec PSA

The beginning of a new year can be the perfect time to adopt a healthier lifestyle that includes eating more fruits and vegetables and being more physically active.

Working in the garden, playing basketball in the driveway, or even raking leaves are all great forms of physical activity that, when done regularly, can benefit your health and keep you moving for many years to come!

For more information and physical activity tips, visit our website at Alabama-Public-Health dot-gov-slash-N-P-A. That's Alabama-Public-Health dot-gov-slash-N-P-A.

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