



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

Physical Activity (30)

The beginning of a new year can be the perfect time to adopt a healthy 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!

For more information, visit our website at Alabama-public-health-dot-gov-slash-N-P-A

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