

Regular physical activity helps
keep you physically and mentally
strong

Keeping physically active also
reduces your risk of falls

Move It May Activity Passport

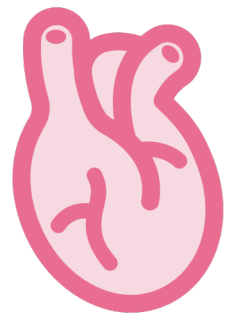


Name:

Today's date:
What activities did you do today?



Today's date:
What activities did you do today?



Today's date:
What activities did you do today?

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