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minutes of  
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who is experienced  
in treating people  
with orthopedic or  
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problems a physical  
therapist who is a  
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residency or  
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draws people  
together in ways  
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in the body  
laughter  
strengthens your  
immune system  
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protects you from  
the damaging  
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most important  
things you can do  
for your health

being physically  
active can improve  
your brain health  
help manage weight  
reduce the risk of  
disease strengthen  
bones and muscles  
and improve your  
ability to do  
everyday activities  
adults who sit less  
and do any amount  
of moderate to  
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