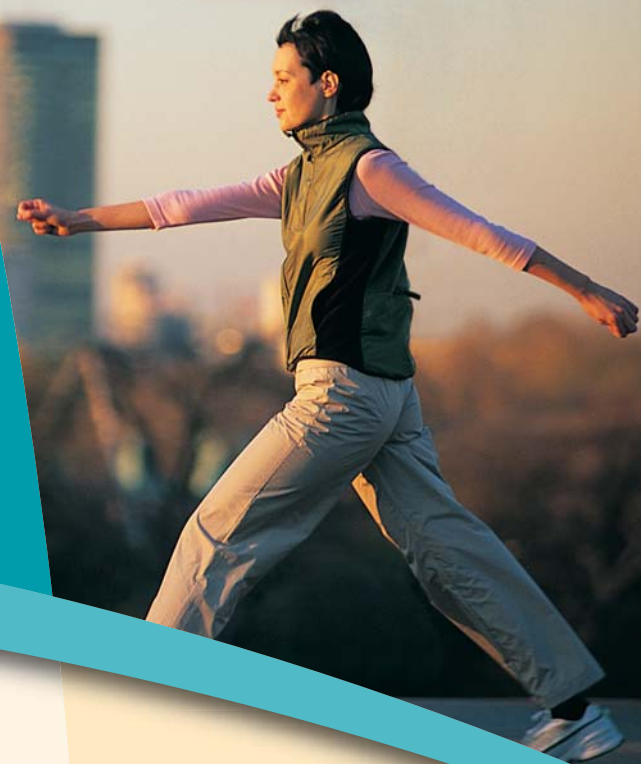


# You can burn extra calories every day



## Learn to burn...

Did you know that studies show that only three in 10 adults get the recommended amount of physical activity? If you need to boost your physical activity, try incorporating some of these calorie-burning ideas into your day to help safeguard your health:

- Park further away at work or at the shopping mall
- Take the dog for a walk instead of letting him out in the backyard
- Take the stairs rather than the elevator
- Get involved in your kids' activities
- Strive for 30 minutes of physical activity, such as raking leaves or brisk walking, five or more days a week

It's the little extras that count. By burning extra calories every day, you'll be doing something very important for your health and your life.



**BlueCross BlueShield  
of Illinois**

Source: American Heart Association

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