Mission In Motion

Health & Wellness Tip of the Week

CITY OF MISSION, TEXAS · FOUNDED IN 1908

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There are 1,440 minutes in every day—schedule 30 of them for physical activity. Aerobic exercise gets your heart pumping and increases your oxygen intake, and benefits range from heart disease prevention to stress reduction. Thirty minutes of physical activity each day is one of the best things you can do for your health!

Source: University of California, Berkeley Wellness Letter

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Get active your way ...

build physical activity into your daily life...

at home
at school
at work
at play
on the way

.... that's active living !