



Video – Get Active, Stay Active

Did you know that not moving enough can change your health? In this 1-hour video, a kinesiologist talks about:

- Why exercise is good for you
- What makes up an exercise program
- How to set yourself up to be more active
- What to think about when exercising with chronic health condition(s), like arthritis, COPD, diabetes, heart disease, and pain

[Watch the 1-hour video.](#)

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