



Importance of Movement

How movement and exercise prevent chronic disease

Wednesday, May 15 • 10:45 am • Multipurpose Room

During this class, students will understand the benefits of being active. Students will recognize the different types of exercise. We will discover what it means to be moderate active. We will cover some important information on how movement and exercise are essential to prevent chronic disease

Types of Exercise
Moderate Activity
Terms & Objective



Skyline Hills Branch Library

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