



Active Living Every Day (ALED)

A program that encourages less active people to make physical activity part of everyday life.

- Meet for 1 hour in group classes once a week. You don't have to wear workout clothes. You'll do all exercises outside of class.
- Learn how to set goals, deal with challenges, and make an exercise plan that's right for you.
- Follow your plan on your own time, at your own pace, in a step-by-step fashion.
- There are written materials and information online to help you track your progress.
- ALED can help you:
 - Be more active
 - Improve heart health
 - Lower your blood pressure
 - Feel less stressed
 - Control symptoms of ongoing health problems like arthritis

Look for a class near you. See the back of this flyer for locations and schedules.



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