

GOOD HEALTH IS INSPIRING.



Find your motivation and lead the way. Making exercise a group effort can help you stick to a regular routine and inspire you to reach your goals.

FITNESS

Regular physical activity not only helps keep your body fit, it can also boost your energy and mood, and lower your risk for many health conditions. You'll look better, feel better, and live a healthier life.

Getting started is easier than you may think. Here are some suggestions to help you get going:

- Discover ways you can make exercise part of your daily routine—walking to the store instead of driving, for example.
- Learn how to talk yourself into exercising, not out of it. Get motivated by choosing activities that you enjoy.
- Make exercise a social event—get your kids involved, too. Set a good example by being active yourself.

Go to kp.org/fitness to learn more about the advantages of exercise and to find the right fit for you. You can also find fitness information in Spanish.

[Click to visit kp.org/fitness](https://kp.org/fitness)

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