

BC Forest Safety
Safety is good business

HEALTH AWARENESS: COMPONENTS OF FITNESS

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- Physical activity is the best way to improve your health
 - Do something you enjoy.
 Set small goals and use friends for motivation



 Aim for 2.5 hours per week of physical activity



Choose
 something
 that deepens
 your breathing
 and increases
 your heart
 rate



 Include activities that build strength, endurance, agility and flexibility

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