



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

PHYSICAL ACTIVITY (30 SECONDS)

It's a new year, and what better time to make physical activity and eating healthier a normal part of your life.

This is Acting State Health Officer, Doctor Scott Harris. Did you know that engaging in any type of physical activity for even just a few minutes can have healthy benefits?

It can be anything from working in the garden to playing your favorite sport. The more you move the more health benefits you gain.

For more information, visit our website at Alabama Public Health dot g-o-v.

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