Be active
60 minutes
every day!

BUILD

HEALTHY HEART
- Bike riding
- Brisk walking
- Basketball
- Swimming laps
- Soccer
- Running

STRONG MUSCLES
- Modified push-ups
- Sit-ups
- Gymnastics
- Yoga
- Weight lifting

STRONG BONES
- Jumping rope
- Running
- Volleyball
- Basketball

CHOOSE AN ACTIVITY

www.messa.org | 800.336.0013

Award-winning member service