

# Exercise likes you.



Are you ready to like exercise back?



Exercise likes your body. And your body likes exercise. You know how it works. The more you move, the more your body responds with positive results over time.

- \* The faster and longer you walk or run, the faster and longer your body allows you to go.
- \* The more weights you lift, the stronger your muscles get.
- \* The more you get your heart pumping, the more your blood pressure improves.

Clearly, when it comes to exercise and activity, the more you participate the better you look and feel. You can start right now. There's no one stopping you.

Make your first move by checking out the wellness portal! Log in today and find tools and resources like:

- Trackers for weight, exercise and more! Use these trackers to keep yourself on the path to your goals.
- Customized activities tailored to your fitness level – try the Get In Shape Healthy Living Program or create your own!
- Articles and resources to build your knowledge and confidence to get stronger, leaner and feel better.

Let's go!

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

You'll not only like exercise, you'll love it.

Look for HealthQuest on Facebook and Twitter!