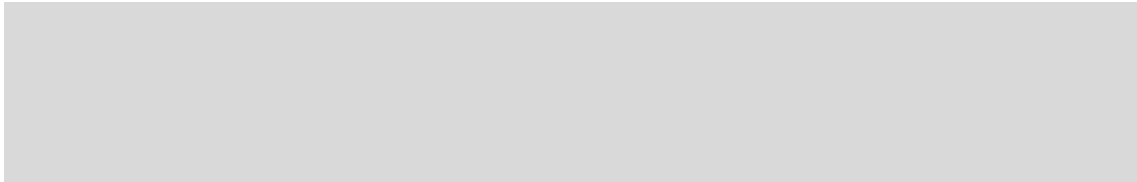


Exercise and Breathing

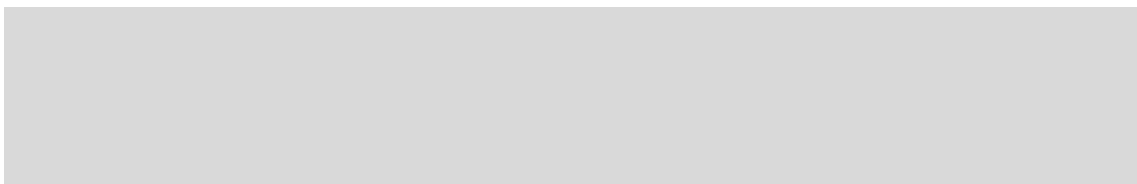
STEP 2

Exercise and Breathing

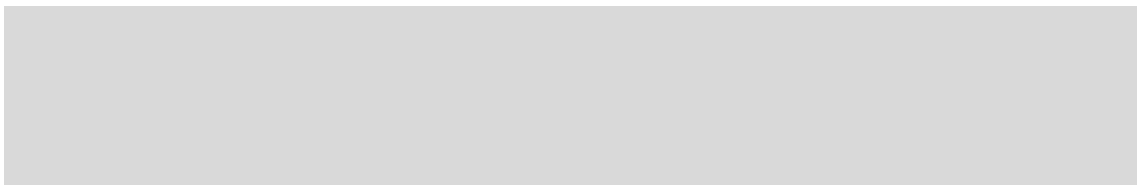
What exercise will you do, that you enjoy?



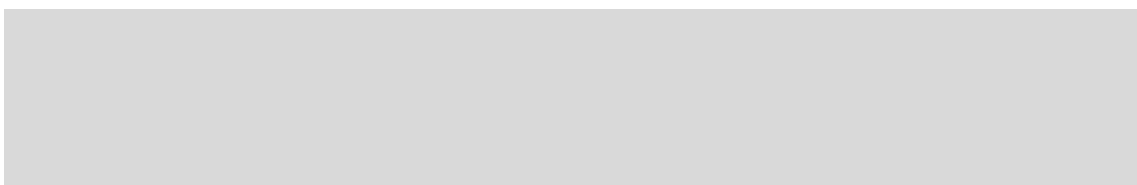
What exercise are you going to try?



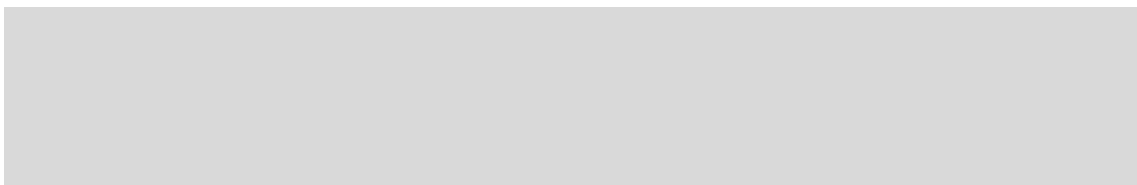
Which exercise will you do with others?



Which exercise will you do alone?



When will you do it each week and for how many minutes?



Rememeber: 'Small Steps' and make a playlist to listen to!