

# Fitness

**Being healthy, happy, and comfortable in your body is important to a person's well-being. Mental and physical aspects go hand in hand. Having proper fitness does not have to mean working out, it can be achieved in ways that simply get your body moving:**

## **1. Going for a walk**



## **2. Riding your bike**



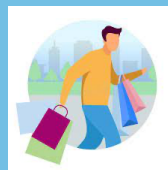
## **3. Walking to class**



## **4. Going to the gym**



## **5. Going to the mall**



## **6. Sitting outside**

