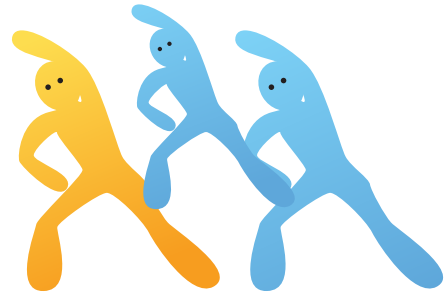




Be active!

> Why be physically active?

Being physically active will help keep you fit and keep your weight down to a healthy level. It does this because of the effect it has on the body's metabolic rate.



> What is metabolic rate?

'Metabolic rate' is how fast your body makes and burns energy. It includes how fast your body burns up the calories from food.

If your metabolic rate is slow, your body will be slow at burning up calories. This could lead to putting on weight, because the body stores unused calories as fat.



> The good news is...

Regular exercise will boost your metabolic rate, both during the exercise and after it. It will help keep you at a healthy weight.



The best thing to do is to get active and stay active!