

EXERCISE

Make Active Habits Stick

If your doctor gave you a prescription for exercise, would you follow it?



Exercise is like medicine for many reasons.

Obviously, physical activity strengthens muscles, and it also prevents blood vessels from getting damaged and clogged. In turn, this helps prevent heart attacks, strokes, and even some types of dementia.

In fact, regular exercise can be as good as medication at preventing diabetes and heart disease in at-risk people. And, it is even more effective than drugs for stroke recovery.

Join me in January to Learn More

Knowledge at Noon

by Melinda Daily

January 11, 2024

Location:

**The Sunflower Extension
District office in Sharon
Springs**

Time:

12:00 – 1:00 m.t.

Please RSVP by

**January 8, 2024 at
785-852-4285**



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