

# BREAK UP SEDENTARY TIME WITH A WALK OR WHEEL OUTDOORS.

Outdoor physical activity and deep breaths can help  
you create feelings of relaxation and calm.

A man in a wheelchair is shown in profile, looking out over a park at sunset. The sun is low on the horizon, creating a warm, golden glow. In the background, there are trees and some buildings. Other people are visible in the distance, some sitting on the grass.

## SNEAK IT IN

Sneak physical activity in whenever, wherever and however works  
best for you to help you be your best self.



**PARTICIPATION**  
Let's make room to move



Learn more