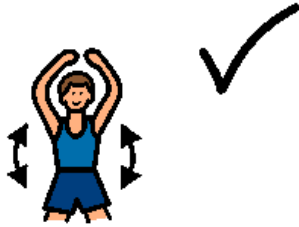


Exercise is good for you



You can go walking



Swimming



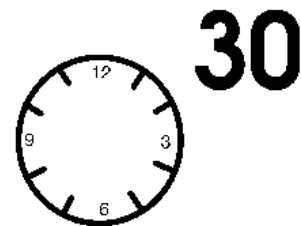
Cycling



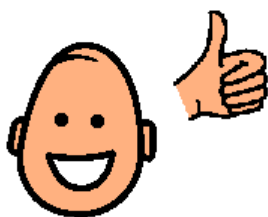
Get exercise every day



Try to exercise for 30 minutes every day



You will feel good





If you need more help with being active:



You can phone the free Healthline on
0500 20 20 30

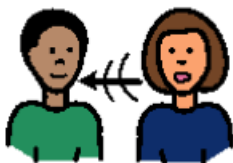


Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday
11.00am - 3.00pm**



Healthpoint is a place where you can get free
advice and information about your health