

Protect Your Body... Your Temple

Benefits of Physical Activity

African-Americans are less likely to exercise than Caucasians.

In S.C., 1 in 3 African-Americans has high blood pressure and 1 in 3 has high cholesterol. This causes an increase in death rates from heart disease and stroke.

Regular physical movement can:

- **Fight against heart disease.**
- **Fight against high blood pressure.**

For tips on how to be more active, visit: www.cdc.gov click on healthy living, and physical activity and exercise.

*Protect Yourself and Your Loved Ones...
With Knowledge and Action.*



Office of Minority Health

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