

# 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 activity can help to:
  - prevent heart disease
  - prevent high blood pressure

For tips on how to be more active visit:  
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*Protect yourself and your loved ones with healthy habits.*



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