



+ Lower risk of early death + Lower risk of breast and colon cancer



What's a good amount of exercise?

According to HealthyPeople.gov, a good amount of physical activity is at least 150 minutes/week of moderate activity or 75 minutes/week of vigorous activity – or an equivalent combination.

Physical activity includes exercising at the gym, playing sports, walking or biking, doing house or yard work, and strength training.



Figure 1. One-dose gain frame (1A).





+ Decreased risk of heart disease + Decreased risk of Type 2 diabetes



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Figure 2. One-dose gain frame (1B).





+ More energy and endurance + Higher metabolism/ability to burn fat



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Figure 3. One-dose gain frame (1C).





+ Higher confidence and self-esteem + Increased ability to concentrate



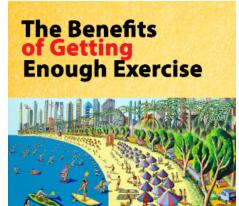
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Figure 4. One-dose gain frame (1D).



- + Lower risk of early death + Lower risk of breast and colon cancer
- + Decreased risk of heart disease + Decreased risk of Type 2 diabetes



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*Figure 5*. Two-dose gain frame (2AB).





- + Lower risk of early death
- + Lower risk of breast and colon cancer
- + More energy and endurance + Higher metabolism/ability to burn fat



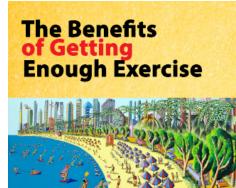
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*Figure 6*. Two-dose gain frame (2AC)



+ Lower risk of early death

+ Lower risk of breast and colon cancer

- + Higher confidence and self-esteem + Increased ability to concentrate



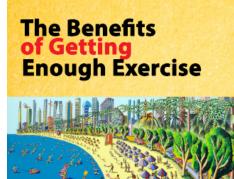
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*Figure 7*. Two-dose gain frame (2AD)



+ Decreased risk of heart disease + Decreased risk of Type 2 diabetes

+ More energy and endurance + Higher metabolism/ability to burn fat



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*Figure 8*. Two-dose gain frame (2BC)





+ Decreased risk of heart disease + Decreased risk of Type 2 diabetes

+ Higher confidence and self-esteem + Increased ability to concentrate



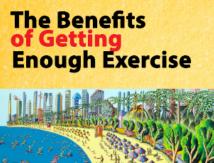
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*Figure 9*. Two-dose gain frame (2BD)





- + More energy and endurance + Higher metabolism/ability to burn fat
- + Higher confidence and self-esteem + Increased ability to concentrate



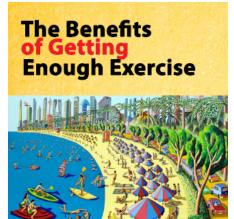
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*Figure 10.* Two-dose gain frame (2CD)



- + Lower risk of early death + Lower risk of breast and colon cancer
- + Decreased risk of heart disease
- + Decreased risk of Type 2 diabetes
- + More energy and endurance + Higher metabolism/ability to burn fat



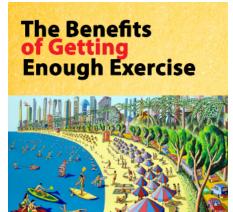
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*Figure 11*. Three-dose gain frame (3ABC)



- + Lower risk of early death + Lower risk of breast and colon cancer
- + Decreased risk of heart disease
- + Decreased risk of Type 2 diabetes
- + Higher confidence and self-esteem + Increased ability to concentrate



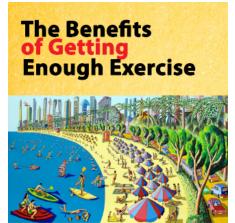
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*Figure 12.* Three-dose gain frame (3ABD)



- + Lower risk of early death + Lower risk of breast and colon cancer
- + More energy and endurance + Higher metabolism/ability to burn fat
- + Higher confidence and self-esteem
- + Increased ability to concentrate



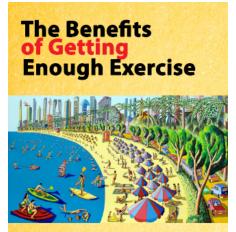
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*Figure 13*. Three-dose gain frame (3ACD)



- + Decreased risk of heart disease + Decreased risk of Type 2 diabetes
- + More energy and endurance + Higher metabolism/ability to burn fat
- + Higher metabolism/ability to burn la
- + Higher confidence and self-esteem + Increased ability to concentrate



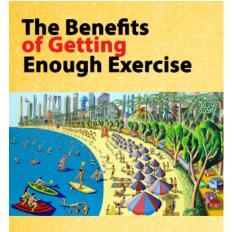
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*Figure 14*. Three-dose gain frame (3BCD)



- + Lower risk of early death + Lower risk of breast and colon cancer
- + Decreased risk of heart disease + Decreased risk of Type 2 diabetes
- + More energy and endurance + Higher metabolism/ability to burn fat
- + Higher confidence and self-esteem + Increased ability to concentrate



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*Figure 15.* Four-dose gain frame (4ABCD)



On average, people who don't get enough physical activity have:

+ Higher risk of early death
+ Higher risk of breast and colon cancer



What's a good amount of exercise?

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*Figure 16*. One-dose loss frame (1A).



On average, people who don't get enough physical activity have:

+ Increased risk of heart disease + Increased risk of Type 2 diabetes



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*Figure 17*. One-dose loss frame (1B).



On average, people who don't get enough physical activity have:

+ Less energy and endurance + Lower metabolism/ability to burn fat



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*Figure 18*. One-dose loss frame (1C).



On average, people who don't get enough physical activity have:

+ Lower confidence and self-esteem + Decreased ability to concentrate



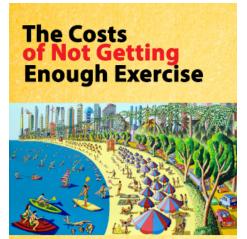
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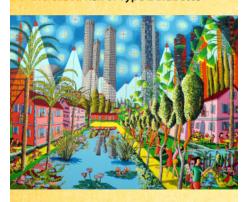


*Figure 19.* One-dose loss frame (1D).



+ Higher risk of early death
+ Higher risk of breast and colon cancer

+ Increased risk of heart disease + Increased risk of Type 2 diabetes



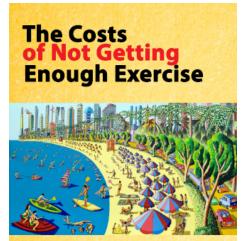
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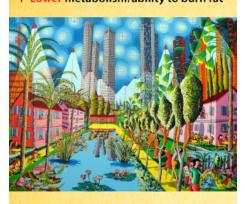
Physical activity includes exercising at the gym, playing sports, walking or biking, doing house or yard work, and strength training.



*Figure 20*. Two-dose loss frame (2AB).



- + Higher risk of early death
  + Higher risk of breast and colon cancer
- + Less energy and endurance + Lower metabolism/ability to burn fat

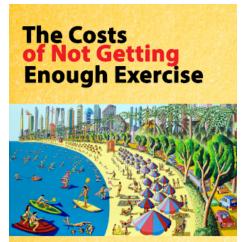


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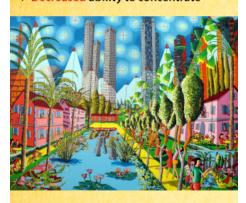
Physical activity includes exercising at the gym, playing sports, walking or biking, doing house or yard work, and strength training.





+ Higher risk of early death
+ Higher risk of breast and colon cancer

+ Lower confidence and self-esteem + Decreased ability to concentrate



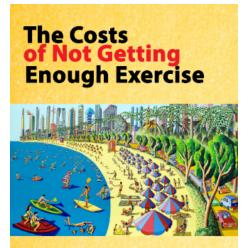
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*Figure 22*. Two-dose loss frame (2AD)



- + Increased risk of heart disease + Increased risk of Type 2 diabetes
- + Less energy and endurance + Lower metabolism/ability to burn fat



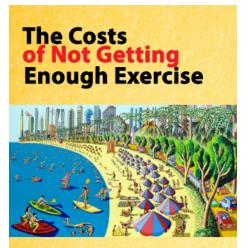
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*Figure 23*. Two-dose loss frame (2BC)



- + Increased risk of heart disease + Increased risk of Type 2 diabetes
- + Lower confidence and self-esteem + Decreased ability to concentrate



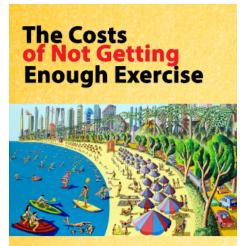
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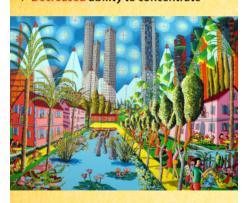
Physical activity includes exercising at the gym, playing sports, walking or biking, doing house or yard work, and strength training.



*Figure 24*. Two-dose loss frame (2BD)



- + Less energy and endurance + Lower metabolism/ability to burn fat
- + Lower confidence and self-esteem + Decreased ability to concentrate



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*Figure 25*. Two-dose loss frame (2CD)

On average, people who don't get enough physical activity have:

- + Higher risk of early death + Higher risk of breast and colon cancer
- + Increased risk of heart disease + Increased risk of Type 2 diabetes
- + Less energy and endurance + Lower metabolism/ability to burn fat



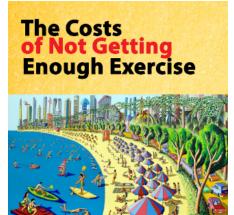
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*Figure 26.* Three-dose loss frame (3ABC)



- + Higher risk of early death + Higher risk of breast and colon cancer
- + Increased risk of heart disease
- + Increased risk of Type 2 diabetes
- + Lower confidence and self-esteem + Decreased ability to concentrate



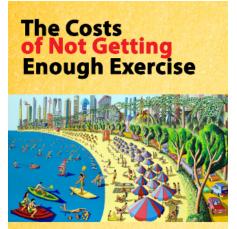
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*Figure 27*. Three-dose loss frame (3ABD)



- + Higher risk of early death + Higher risk of breast and colon cancer
- + Less energy and endurance + Lower metabolism/ability to burn fat
- + Lower confidence and self-esteem + Decreased ability to concentrate



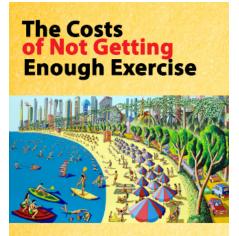
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*Figure 28.* Three-dose loss frame (3ACD)



- + Increased risk of heart disease + Increased risk of Type 2 diabetes
- + Less energy and endurance + Lower metabolism/ability to burn fat
- + Lower metabolism/ability to burn fa
- + Lower confidence and self-esteem + Decreased ability to concentrate



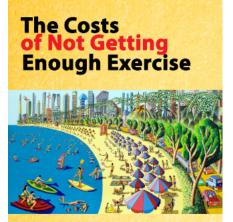
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*Figure 29.* Three-dose loss frame (3BCD)



- + Higher risk of early death + Higher risk of breast and colon cancer
- + Increased risk of heart disease + Increased risk of Type 2 diabetes
- + Less energy and endurance + Lower metabolism/ability to burn fat
- + Lower confidence and self-esteem + Decreased ability to concentrate



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*Figure 30*. Four-dose loss frame (4ABCD)