

**Every step is  
burning calories.**

[www.beactive.com.au](http://www.beactive.com.au)



Government  
of South Australia

**be active.**

**Small steps towards  
daily exercise will improve  
your health.**

[www.beactive.com.au](http://www.beactive.com.au)



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**be active.**

**Walking can strengthen  
and tone your leg muscles.**

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**be active.**

**Walk more often and  
you'll be in better shape.**

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**be active.**

**be active.** in as many  
ways as possible.

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**be active.**

**Take every opportunity  
to be active.**

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**be active.**

**Find 30 minutes in  
your day to be active.**

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**be active.**

**be active. at work  
everyday.**

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**be active.**

# Almost there!

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**be active.**

# Keep it up!

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**be active.**