

MOVE MORE

A little bit of movement can help you reach some really big goals.

Check out the Live Healthy section at www.BlueChoiceSC.com.

Exercise can prevent cognitive decline and improve your mental health.

Stretching for 10 minutes is about the same as walking the length of a football field.

Regular exercise can reduce your chances of getting heart disease, Type 2 diabetes and some cancers.

Adults need at least two days of muscle-strengthening activities each week.

