

# Keep your health from going down the gutter.

## Strike it big with a perfect game plan for better health.

The benefits of physical activity don't always require sneakers and a stopwatch. Why not try lacing up a colorful pair of shoes and hitting the lanes. Knocking down a few pins is the perfect way to improve your health game. Pick an activity you enjoy and stay active for at least 30 minutes a day. Be sure to consult your doctor before starting any activity or exercise program. Then get moving for good health. Your heart – and your teammates – will thank you. **That's time well spent.**

Always talk with your doctor before starting a new activity.  
Visit [MyHealth@Anthem](https://myhealth.anthem.com) at [anthem.com](https://www.anthem.com) to learn more about  
healthy lifestyle choices like nutrition and exercise.

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