

# It's Never Too Late to Start Being Physically Active

John didn't become physically active until his mid-30s, when he began to gain weight, develop high blood pressure, and suffer from extreme tiredness. He decided to begin an exercise program to improve his health – and now he's in the best shape of his life!

Becoming fit was such a life-changing experience for John that he now coaches other people to help them achieve their health and fitness goals.



Any amount of physical activity provides health benefits, so do what you can based on your abilities after consulting with your doctor. You don't need to adopt a formal exercise program – you can easily get started simply by walking.

*Find activities that get you moving and that you enjoy and make them a regular part of your life!*

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 **Cooley's Anemia**  
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