



LET'S WORK IN MORE WORKOUTS



Do you know what exercise is good for? Everything. It's good for your circulatory system, your sleep, and even your brain. No matter who you are, moving around is good for you. Here are some tips for a healthier, happier way of life.



Jump-start your fitness

Looking for a workout that's fast, furious, and practically free? Jump rope to build strength, torch calories, and engage almost every muscle in your body.



Body + mind

Exercise can help ease the symptoms of depression – both immediately and long term. Working out works – it's good for your body and your mind.*



Get fit with friends

Work out with a buddy to stay motivated. Share a post-workout #RiseAndThrive post with your online community, too.



Want more fitness inspiration? Visit kp.org/fitness or facebook.com/kpthrive.

*American Psychological Association

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