

Having trouble viewing this email? [View it in your browser.](#)

 SHARE

healthfinder.gov In the Know

Be Active Your Way

Did you know that September 15 to October 15 is National Hispanic Heritage Month? In an effort to help Spanish-speaking communities stay active and be healthy, health.gov shares two new Spanish-language resources based on the *2008 Physical Activity Guidelines for Americans*.



Be Active Your Way: A Fact Sheet for Adults

What are some of the barriers to becoming more active? When starting a fitness routine, sometimes it may seem like there are unlimited obstacles. This short, informational fact sheet outlines the basics of starting a fitness lifestyle.

[Download Be Active Your Way: A Fact Sheet for Adults.](#) [PDF-598KB]

Be Active Your Way: A Guide for Adults

When you're ready to begin an active lifestyle, download this personalized fitness and activity plan. It's full of essential workout information and step-by-step instructions on how to get started. This booklet offers creative fitness ideas for all types of people—at every fitness level from beginners on up.

[Download Be Active Your Way: A Guide for Adults.](#) [PDF-767KB]

To change your subscriptions or preferences or stop subscriptions anytime, log in to your [User Profile](#) with your e-mail address. For questions or problems with the service, please contact support@govdelivery.com for assistance. All other inquiries can be directed to info@nhic.org.

This service is provided by the [Office of Disease Prevention and Health Promotion](#).

[Follow @healthfinder on Twitter.](#)