

Exercise Resources for adults and kids to help incorporate more movement into your life!

[EIM Rx for Health Being Active for a Better Life.pdf \(exerciseismedicine.org\)](#)

[EIM Rx for Health Being Active with Your Young Child.pdf \(exerciseismedicine.org\)](#)

[EIM Rx for Health Teens.pdf \(exerciseismedicine.org\)](#)

[EIM Rx for Health Sit Less Move More.pdf \(exerciseismedicine.org\)](#)

[EIM Rx for Health Being Active as We Get Older.pdf \(exerciseismedicine.org\)](#)

[resistance-training-for-health.pdf \(acsm.org\)](#)



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is Medicine®

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