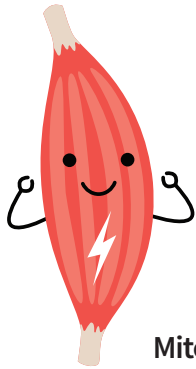


Physical activity (starting slow and doing more over time)

## Being active recharges your energy batteries

Being active helps your cells make more 'energy factories' called **mitochondria**



Mitochondria help you produce more energy, so you can stay active longer and recover faster

