Physical Fitness

Whether it's gardening, connecting to our land by walking, swimming, or powwow dancing, being active will make you feel better, give you more energy, improve your mood and even help you to sleep better.

Be sure to enroll in a health insurance Marketplace plan to cover your overall health care needs.

For more information, contact your local Indian health care provider, visit **HealthCare.gov**, or call **1-800-318-2596.**

For fitness tips, visit: **IHS.Gov/ForPatients /HealthTopics/PhysicalActivity**

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