



accomplish
**MAGNIFICENT
 THINGS**

The female body is pretty incredible. Whether you're expecting a baby or you simply want to feel your best, the more you know about women's health, the healthier you – or the women in your life – will be.

Seize the days and take care of the whole you

Move more.

Regular exercise can lower breast cancer risk by 10% to 20%* – one of the many benefits of staying fit.

Be good to your bones.

80% of the people who have osteoporosis are women.† Getting enough calcium, vitamin D, and exercise can reduce your risk.

Pregnant? Get your protein.

Women need 33% more protein per day during pregnancy.‡ Find out more at kp.org/pregnancy.

CREATE MORE HEALTHY HABITS

*Susan G. Komen for the Cure

†National Osteoporosis Foundation

‡National Academy of Medicine

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