ON YOUR HEALTH:

DON

Get up and Get Moving to See Huge Health Benefits

Why is it important to get up every 60 – 90 minutes during the work day? Short, frequent breaks of light to moderate activity will:

- 1. Reduce your stress
- 2. Improve your mood
- 3. Boost your energy level
- 4. Sharpen your focus and memory
- 5. Assist with weight loss

YOUR WELLBEING ACTIVITY

GET ACTIVE WITH MILESTONE GOALS

Set incremental goals, track your progress and motivate yourself to become more active.

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.