

# DON'T SIT

ON YOUR HEALTH:



*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.