GET ACTIVE

Workplace Wellness

WORK OUT

To improve overall cardiovascular health, aim for at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Even a 10 minute walk at a time can boost your energy and reduce stress for an hour or more.

ONLY

30 MINUTES A DAY

5 TIMES A WEEK

IMPROVES HEART HEALTH

EXERCISE & GET MOVING

SIMPLE TIPS

- Schedule exercise time on your business calendar and treat it as any other important appointment.

- Walk to work or to the store instead of taking the car or the bus.

- Instead of sitting at your desk and eating, get up and get out!

- Take the stairs instead of the elevator.

HEART HEALTH

Exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss) and loss of muscle mass. Not only does exercise help fight disease, it also creates a stronger heart.

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