



Find Your Movement

Our body was designed to move—to walk, to bend, to turn. According to the CDC, 25% of US adults are not active at all and 60% don't meet the recommended amount of activity. Today's sedentary lifestyle severely impacts our health, resulting in an increased risk of heart disease, obesity, and depression. The good news is that it doesn't take much time or effort to integrate movement into your day. Think of it as little “movement snacks”—activities that last minutes, even seconds, that can reduce your risk of chronic conditions and increase your focus and energy through the day.

MOVEMENT SNACK IDEAS

Movement snacks can last anywhere from 30 seconds to 10 minutes. No gym or special gear required.

- Play a favorite song and take a quick dance break
- Roll your shoulders backwards to stretch after a long meeting
- Schedule a walking meeting when you don't need to be in front of the computer
- Park further away from store entrance
- Take the stairs instead of the elevator



Movement Is Medicine

Benefits of Movement:

- Sleep better
- Reduce stress
- Improve heart & brain health
- Manage weight
- Feel better



Fun
Fact!

Walking an extra 20 minutes a day will burn **7 pounds** of body fat per year.