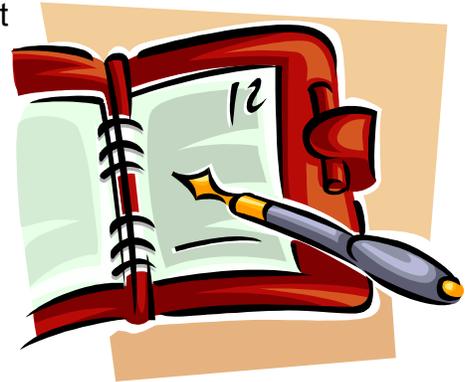




## MAKE AN APPOINTMENT TO EXERCISE

It's amazing that we always have time for what we put first . . . so, do YOU make exercise a priority? It's one of the best things that you can do to: strengthen your heart, help lose weight and keep it off, help prevent back problems, strengthen bones and help reduce the risk for osteoporosis, improve immune function which decreases risk for infectious diseases, boost energy and increase productivity, improve sleep and it may lengthen your lifespan!



While all that sounds great, trying to fit exercise into an already busy schedule can be challenging . . . but it can be done! Here are some pointers to get you started:

1. Make an appointment to exercise just as you would schedule any other important obligation and write in on your calendar.
2. Choose an exercise or activity that you'll enjoy so that you'll look forward to your workout
3. Look for openings in your schedule you may have overlooked. Ten minutes here and ten minutes there can add up to those 30 minutes daily. Think about exercising after the kids leave for school and before you leave for work, before dinner, during lunch hours.

**Don't give up if you occasionally have to skip a workout. Perfect attendance isn't as important as consistency!**

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

