

Living Well Tip of the Week

May is National Employee Health & Fitness Month

Tips to Increase Daily Physical Activity:



- Take the stairs instead of the elevator
- Park further away from your destination
- Join or create group activities at your workplace (walking, healthy potluck luncheon...)

Sign up at <http://www.healthandfitnessmonth.com/places>. Add your exercise activities and/or events and join those of others by searching your area under places.

Browse your Living Well Health Manager powered by WebMD* for specific advice on weekly tips: go to www.webmdhealth.com/ut and select “Living Healthy” on the top banner.