10-10-10

Do things you already do, just move more

Sometimes a workout isn’t work. It’s play.

Discover the health benefits of doing things you already do, just do them more actively. Three little sessions a day (most days) is all it takes.

Studies show even moderate activity controls weight and prevents heart disease, high blood pressure and diabetes, strengthens bones, improves mood, boosts energy and promotes better sleep.

Check a box for each 10-minute increment—a brisk walk, raking leaves, playing with your children, paddling a canoe or even household chores like vacuuming or washing windows.

Target: Ten minutes of moderate physical activity, three times a day.

Please turn in this tracker to your company’s challenge “champion” at the end of the challenge to qualify for incentives.

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

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Have you signed up for the quarterly WellMe updates yet?
Go to www.HealthTradition.com/go/WellMe