

TAKE CHARGE OF YOUR HEALTH

Get Up and Move

According to new research from the Norwegian School of Sports Medicine, just 11 minutes of daily, moderate exercise can provide long-term health benefits and increase your life span. Additionally, people who worked out at least 35 minutes per day saw the biggest results in terms of health, especially joint health.



Start slowly

Warm up and cool down. Gradually increase the length or intensity of your workouts.



Break it up

Try multiple short exercise sessions instead of long workouts. Focus on being active throughout the day.



Get creative

Find activities you enjoy—walking, biking, or dancing. Exercise can be a fun way to socialize with friends.



Listen to your body

If you feel pain, dizziness, or nausea, you might be pushing yourself too hard. Take a break and don't get discouraged.



Be flexible

It's okay to take a day or two off. Take care of your body and get back into it when ready.

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