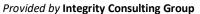# Take the 20-minute **Fitness Challenge**

Just 20 minutes of exercise a day could greatly improve your overall fitness. Try a few five-minute workouts during the day to reach the 20 minutes-a-day goal. *It's that easy!*

Simple exercises add up quickly:

- ✓ Park further away from work for a longer walk.
- ✓ Take the stairs when possible.
- ✓ Walk around during your break instead of sitting.
- ✓ Lift and hold your legs up for 30 seconds while sitting.
- ✓ Squeeze a stress ball.
- ✓ Stretch to get blood flowing and prevent muscle fatigue.

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Employee Benefits Specialists