



Wellness Buddy Wednesday Tip

Build Exercise into Your Day

Think about your daily activities. *Do you:*

- * stand rather than sit,
- * sit up rather than lie down,
- * walk rather than ride in a car,
- * ride a bike rather than ride in a car,
- * use stairs rather than an elevator or escalator,
- * walk around (pace) rather than stand still,
- * run or jog rather than walk,
- * walk briskly rather than walk slowly,
- * use body power rather than a machine?



These actions sound effortless and may take a little more of your time, but they all add up to an increase in physical activity. Make an effort to become aware of times during your day when you can choose to build exercise into your everyday schedule. Reap the reward of increased stamina, stress relief, and improved health by choosing the more active routine.

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Nutrition & physical fitness are our mission!