It’s Easy!

Get Active

No special equipment needed...

only a pair of shoes and your 15 minute breaks.

WORKWELL
Make the healthy choice the easy choice
It’s Easy!

Get Active

What could be easier than:

a. Playing tag with your kids
b. Walking with friends
c. Taking the stairs
d. Yard work
It’s Easy!

Get Active

Physical activity isn’t (always) planned exercise...

it’s everywhere you go!
It’s Easy!

Get Active

10 minutes here....10 minutes there....A few flights of stairs...

It all adds up!

WORK WELL

Make the healthy choice the easy choice
It’s Easy!

Get Active

It doesn’t take money to exercise.

Just go for a walk or park far away.

WORKWELL
Make the healthy choice the easy choice
It’s Easy!

Get Active

Physical activity is easy when you make it fun.

Walk with friends on your breaks.

WORK WELL
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