

# Global Employee Health & Fitness Month

## Importance of Physical Activity

Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day. This can be as easy as walking the dog or as rigorous as running a marathon. It's never too late to jumpstart a healthy lifestyle.

## The Impact of Physical Activity on Your Health

Regular physical activity can produce long-term health benefits. It can help:

- Prevent chronic diseases such as heart disease, cancer and stroke (the three leading health-related causes of death)
- Control weight
- Make your muscles stronger
- Reduce fat
- Improve sleep
- Increase your energy and self-esteem
- Relieve stress

## How Can Physical Activity Be Added to Your Day?

- Set a timer and get up every 30 minutes to stretch and walk for a few minutes.
- If you ride the bus, get off at an earlier stop than usual and walk the rest of the way.
- Organize a lunchtime walking group.
- Look for ways to get out of your chair. Stand and walk while talking on the phone.
- Try a standing desk if your office has one — or improvise with a high table or counter.
- Take the stairs rather than the elevator.
- Store resistance bands or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.



“Every accomplishment starts with the decision to try.”  
-Gail Devers

Follow us on social media!



## Keep Moving!

Are you participating in a lunchtime walking group or exercise break? Show us how to keep moving by sending your photo(s) to [wfht.tn@tn.gov](mailto:wfht.tn@tn.gov) or to your Regional Wellness Coordinator.

To help your department's Wellness Council earn wellness points this quarter, please be sure to include your department's name in your email.