

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

May 2011

The importance of good health and exercise affects more than just your physical wellbeing - it also has far reaching benefits for your state of mind, increases your productivity, enhances self-esteem, and more. Your Employer would like to recognize your physical welfare by taking time out to celebrate National Employee Health & Fitness Day. Founded in 1989 by the National Foundation for Health & Fitness and observed on the third Wednesday in May, this holiday centers around state and company supported exercise, such as walks like America on the Move and activity programs like the President's Council Challenge. Your employer would like to encourage you to take the right steps towards a healthy lifestyle by providing you with the benefits of living a healthy lifestyle along with some tips on healthy lifestyle activities.

[-http://www.physicalfitness.org/nehf.html](http://www.physicalfitness.org/nehf.html)

PARTICIPATING IN A HEALTHY LIFESTYLE HAS MANY BENEFITS:

- Lower levels of stress
- Increased well-being, self image/esteem
- Improved physical fitness
- Increased stamina
- Potential weight reduction
- Reduce the risk of high blood pressure, high cholesterol, colon cancer, breast cancer, & diabetes
- Build and maintain healthy muscles, bones and joints
- Reduce depression and anxiety
- Enhance your outlook on life

HEALTHY ACTIVITIES:

- Take your dog for a walk
- Go for a family bike ride
- Try a new fitness class
- Take the stairs
- Park further away from the door
- Wear a pedometer
- Skip the chips & fries today (try a healthy snack instead)
- Try a new healthy recipes
- Get your blood pressure checked
- Schedule your annual physical
- Chase your kids
- Do yard work
- Walk around the house while talking on the phone

**Get Up, Get Movin'!
Every Activity Counts**



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