



June is National Employee Wellness Month

Show your support and get healthy together!

www.nationalemployeewellnessmonth.com

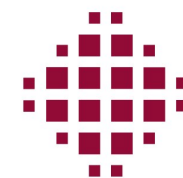
Tip #38

IM with your boss **face to face**



Get up and have that chat over at her desk!

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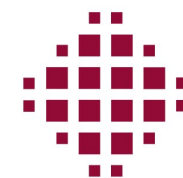
Tip #43

Even meeting rooms can help you get active



Take a walk to that conference room in the far corner... or better yet, have a walking meeting outside!

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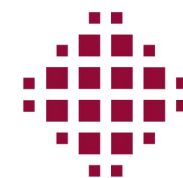
Tip #6

The kids make a fun training team



Run, jump, play – all in the name of better health.

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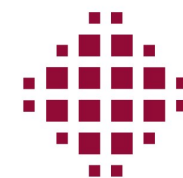
Tip #19

Skip the elevator and rack up the steps



Don't press that button! Let's just say it's permanently out of order. Hit the stairs instead for a convenient way to work more activity into your day. Going up?

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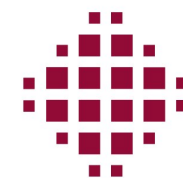
Tip #23

The back of the lot is your VIP spot



You'll instantly get more steps –
and less dings on the doors!

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Tip #88

Spend some quality time with man's best



Make your dog and body happy with an extra-long walk before or after work.

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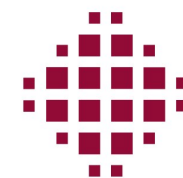
Tip #46

Chances are **your friends** want to get active



Ask around and get a group together to hold each other accountable for getting active.

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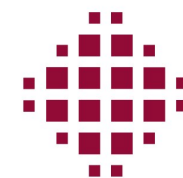
Tip #34

Ask a neighbor to walk with you



Catch up with friends while getting healthy; it's a win-win!

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Tip #70

Out to lunch



Use your legs on your lunch break – walk to do your errands or invite a group of co-workers to join you!

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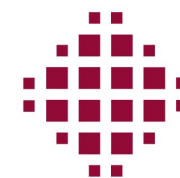
Tip #8

Take an activity break



Beat the afternoon slump and raise that heart rate.

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What makes your workplace healthy?

Add your quick tip here:

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