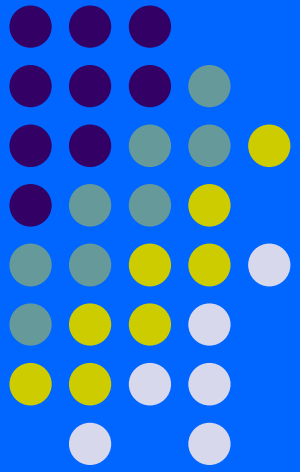
Movement Matters

The why's and how's of daily movement



Today's "Workout" Agenda

- Why movement is important
- A little can go a long way
- Ways to incorporate movement into your work day

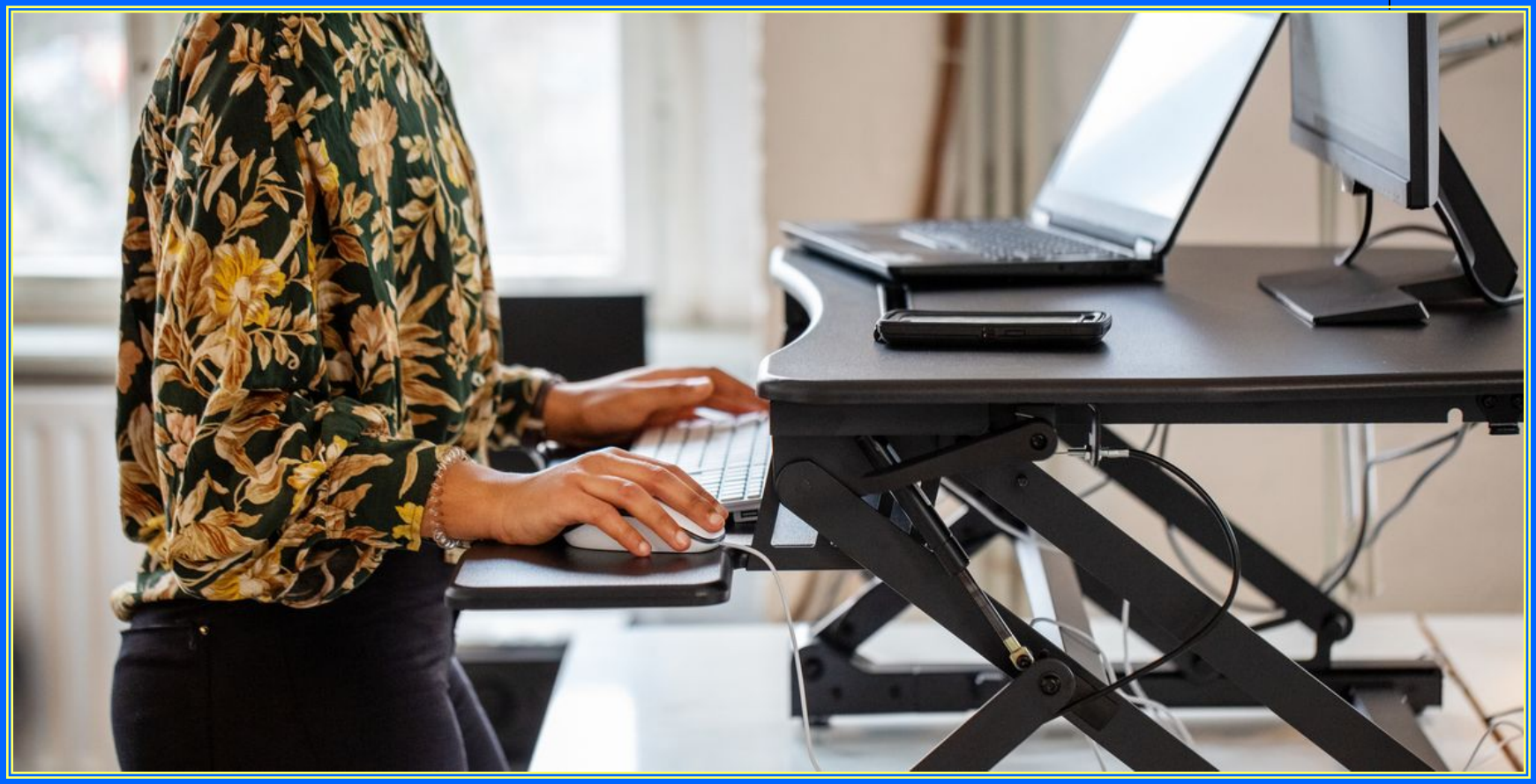
Movement is Important Throughout the Day

- Our bodies were made to move
- Extended time sitting is linked to:
  - Fatigue and discomfort
  - High triglycerides
  - Obesity
  - Insulin resistance (Type 2 diabetes)
  - Cardiovascular disease
  - Cancer
  - And more!

Does Your Environment Promote Wellness?

Many Side Effects of Sitting All Day

Standing Desks Can Help



A Little Can Go a Long Way

- It doesn't have to take a lot of time
- Taking even 5 minutes several times a day can improve:
  - Concentration/Focus
  - Mood by lowering stress levels
  - Energy level

Are You Ready to Move?

Great Job!

Any Questions?

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