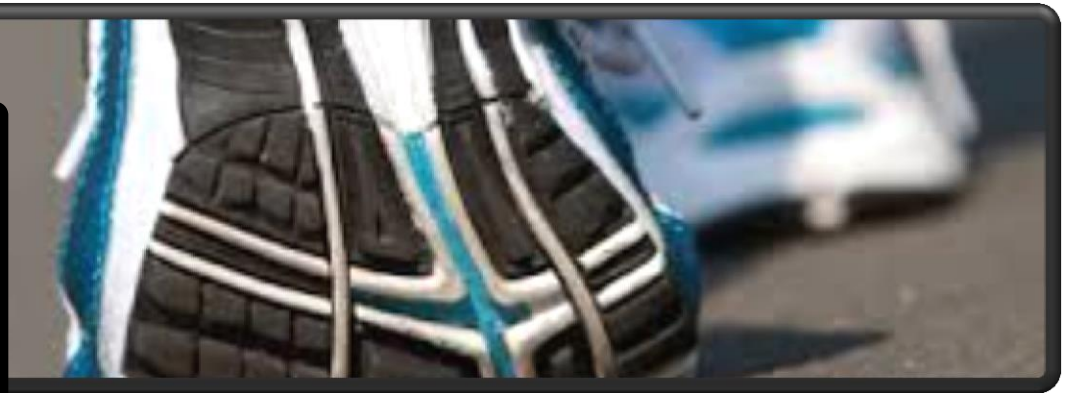


WORKDAY 30 / 30 CHALLENGE



Just 30 Min of Exercise X 5 Days/Week...

- ✓ Meets recommendations for physical activity
- ✓ Improves mood
- ✓ Improves strength
- ✓ Improves blood pressure
- ✓ Improves cholesterol
- ✓ Lowers cancer risk
- ✓ Lowers heart disease risk



Move on
Breaks



Move Before
or After Meals



Move During
Meetings

To Participate

To Win Prizes

1. Take the challenge pre survey
2. Complete the Workday 30/30 Challenge Log
3. Complete the challenge post survey
4. If requested, turn in your log sheet to your challenge administrator

Brought to you by:

