WORLD PHYSICAL ACTIVITY DAY

OWN IT!

April 6, 2011

Walk the Talk!

Easy things you can do to accumulate 30min:

Take the Stairs

Take a 15 minute walk during lunch

Perform one of Hanford Work Fit posters in the morning

Walk to the farthest restroom in your facility

Get up and move for 5 minutes every hour

All Hanford Employees are invited to participate in World Physical Activity Day

- April 6th is World Physical Activity Day, co-sponsored by *Exercise is Medicine*™
- The goal is to ***accumulate 30 minutes of physical activity today*** and every day!
- Encourage your work group to participate in the Hanford WorkFit posters or go for a walk

About *Exercise Is Medicine*™

Exercise Is Medicine is an initiative launched by the American Colleges of Sports Medicine to promote the use of exercise as a prescription to prevent and treat many chronic diseases. The initiative aims at promoting communication between medical providers and their patients in order to improve health and reduce health care costs. See your physician or an AMH Exercise Physiologist for more information.

It's Your Health
OWN IT!
AdvanceMed Wellness

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Occupational Health Services