

Mission In Motion

Health & Wellness
Tip of the Week



February 25, 2013



Thirty minutes of physical activity each day can help keep you healthy—this includes gardening, which can give you a cardiovascular workout and strengthen your muscles and bones.

Boost your benefits by:

- Spacing out your yard-work instead of doing it all at once
- Allowing at least 30 minutes for each daily workout
- Using a push mower instead of riding
- Raking leaves—forget the power blower

Source: University of California, Berkeley Wellness Letter



Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

