

Mission In Motion

Health & Wellness
Tip of the Week
Week 46



November 11, 2013

Did you know that consuming an extra 150 calories that you burn each day could lead to gaining five pounds in six months? That's 10 pounds in a year! Prevent this from happening by either cutting back those extra calories or by increasing your physical activity—doing both is a better idea. Here's how:

- Drink water instead of a 12-ounce can of regular soda
- Choose a salad instead of French fries
- Shoot hoops for 30 minutes
- Walk two miles in 30 minutes—try walking a mile during your morning and coffee breaks

Source: National Heart, Lung and Blood Institute

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