

Health & Wellness

Tip of the Week

January is all about **physical fitness**. It is the perfect time to remind you about the importance of staying active and healthy!

Get Ready, Get Set, Get Moving!

Physical activity is vital for everyone, whether you need to lose weight or not. Even a modest amount of movement can be good for you. Of course, the more you do, the more health rewards you get. To begin, be sure you aim for fun activities you enjoy so you can stick with it. Why is physical activity so key?

Here are the pros of staying active:

- Healthy heart and lungs
- Strong bones
- Flexible, strong muscles and joints
- Lighter weight when also eating a healthy diet
- More energy and endurance

Get moving today, and get set for all the health-boosting benefits.

*Source: Centers for Disease Control and Prevention;
United States Department of Agriculture*

Week 3

January 18, 2016

Get *MOVING* toward
BETTER HEALTH



Human Resources
1201 E. 8th Street
Mission, Texas 78572