

Health & Wellness

Tip of the Week

Week 4
January 25, 2016

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

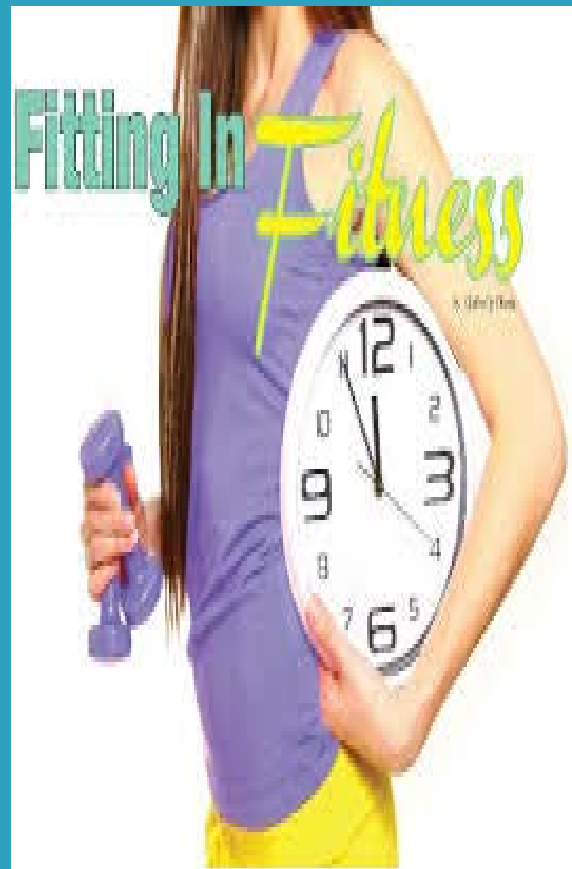
Fitting In Fitness

Do you want to be physically active but aren't sure how to get started? There may be some road blocks holding you back. Keep in mind these common reasons for dodging workouts and how to beat them:

- ❁ I'm out of shape from not being active — start with small amounts of motion that you enjoy, such as walking or riding a bike, and slowly raise the amount each day.
- ❁ I'm too busy — fit in fun 10-minute sessions of motion where you can, such as a brisk walk at lunch or playing tag with your kids.
- ❁ It costs too much — try low-cost ideas, like dancing to upbeat music in your living room, taking a walk after dinner or jumping rope.

Get moving today!

*Source: U.S. Department of Health & Human Services,
U.S. Department of Agriculture*



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