



## Gastroesophageal Reflux Disease (GERD)

Health and Wellness

Tip of the Week  
Week 25  
June 22, 2020

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

### Get A Move On

You don't have to be a triathlete or a body builder to stay in shape. Walking, jogging, swimming, dancing, biking, gardening or skipping rope are all great ways to get exercise. Work up to at least 30 minutes of physical activity per day five days a week. If you find yourself short on time during the day, try walking on your lunch break or after dinner. It doesn't have to be hard, just start moving!

*Sources: American Cancer Society; American Diabetes Association,  
American Heart Association*

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