

Mission In Motion

Health & Wellness Weekly Bulletin

June 2012—Physical Activity



June 18, 2012—Week 4

Adults need recess, too

If you've been inactive for a while, try to find time to fit in physical activity—even if it's just for 10 minutes. Give these suggestions a whirl.

- ✧ Dance to music.
- ✧ Take walking breaks with your friends at work.
- ✧ Play with your children or pets in the park.
- ✧ Shoot hoops with friends.
- ✧ Go ice skating or roller blading.
- ✧ Mow the lawn or garden.
- ✧ Climb stairs instead of using an elevator or escalator.

Source: National Center for Disease Prevention and Health Promotion

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