

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 30



July 22, 2013

Make TV time active time. If you watch TV, why not add some activity at the same time?

- Stretch, lift weights or do yoga.
- Challenge your kids to a contest—who can do the most jumping jacks or push-ups during a commercial break?
- Better yet, pop in an exercise DVD or video to get your heart pumping.

*Source: National Heart, Lung and Blood Institute*

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