

# Health and Wellness Tip of the Week - Week 3

## Monthly Topic

January is *Physical Fitness and Nutrition Month*. It's the perfect time to remind employees about the importance of eating well and staying active.

January 19, 2015

## Making Physical Activity A Priority

A growing body of evidence reveals that Americans' bodies are growing—nearly 60 million are considered to be obese. Lack of physical activity is a big reason why.

If your “get up and go” has fizzled out, here are some easy ways to fit in activity several times a day:

- Do housework yourself instead of hiring someone else to do it
- Stand up while talking on the phone
- Keep exercise equipment repaired and use it
- Walk while waiting for the plane at the airport
- Take along a jump rope when you travel and exercise in your hotel room
- Make a date with a friend to enjoy your favorite physical activities
- Dance with someone or by yourself

**If you long to put more pep in your step, take these simple ideas about physical activity and run with them.**

*Sources: U.S. Department of Health and Human Services; American Heart Association*



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