How to fit fitness into your life.

Adults need at least 150 minutes of moderate exercise a week.\(^1\) Spread out your activity for what works best for you, like 20 minutes of daily workouts, or 30 minutes five times per week.

- Make activity a regular part of your weekly schedule, and add extra steps where possible.
- Put a plan in place if regular activities get rained out.
- Work out watching TV with weight lifting or jumping jacks.

Be more active and stay motivated for long-term success.
Schedule an appointment to speak with a health coach.\(^2\)

Give us a call at 1-888-741-3390 from 8:00 AM through 8:00 PM, CT, Monday through Friday.

Would you like to better understand the MyActiveHealth website? Register below for specialized training.

Register for April 21st
Register for April 28th

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\(^2\) Coaching is provided as a benefit of your health plan at no extra cost to you.