

WORK EXERCISE INTO YOUR DAY



Get inspired with our sample schedule – then see what works for you!

6 a.m.



Wake Up

- Get up, eat, stretch. Warm up for an active day!

8 a.m.



Getting to work

- Walk or bike.
- Ride the bus or train? Try getting off one stop early & walk.
- Drive? Park far away and walk.

10 a.m.



Meetings

- Replace normal meetings with walking meetings.

12 p.m.



Lunch

- Walk to lunch.
- Bring your lunch to a park.
- Find a walking buddy.

1 p.m. to 5 p.m.



Stay active at your desk

- Take breaks and walk around.

6 p.m.



Active hobbies

- Do some gardening.
- Walk the dog.
- Play outside with your kids.

7 p.m.



If you watch TV, you can still exercise!

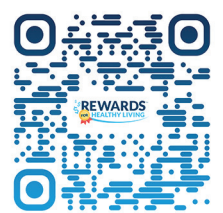
- Run on a home treadmill or elliptical.
- Keep dumbbells or kettlebells next to the couch.
- Keep a yoga mat handy for stretching, sit-ups, leg-lifts, and other floor moves.

9 p.m.



Wind down & get ready for bed

- See our [Sleep Health Learning Page](#) for how to sleep better, starting tonight. You have a busy day tomorrow!



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