

# Staying Active 101

## Days

Take the first step



The moment you get up to move, your body responds. Nutrient rich, invigorating neurochemicals begin flowing, enhancing your mind, body, and productivity.

## Weeks

Keep at it



Your body is quickly adapting in meaningful ways. Your long-term mental wellness, joint comfort, and workplace satisfaction are continuing upward.

## Months

It's adding up



Your decisions are turning into a lifestyle. Sustained healthy activity is transforming your heart, wellness, and professional quality.

## Years

The New You



Twelve months of increased activity have rewarded your body, mind, and work. Say hello to a new, healthier you.