

STAND UP FOR YOUR HEALTH!

Long periods of time spent sitting down and staring into a computer screen can cause health challenges. As a WellSpot, we encourage you to take short breaks away from your computer and get moving! Remember to:

- Stretch
- Step outside for some fresh air
- Take the stairs rather than the elevator
- Try walking meetings

We care about you and your health. Don't worry, your to-do list will still be there when you get back!



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