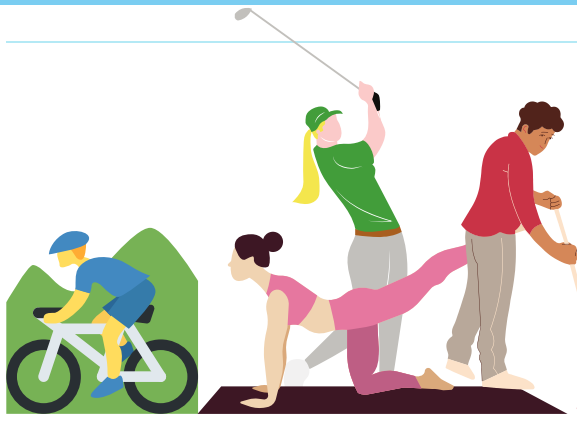




FIVE TO THRIVE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASE AND THRIVE?

Visit the **Five to Thrive** [website](#) for more on healthy lifestyle habits!



MEANINGFUL MOVEMENT

5 WAYS TO MOVE BETTER

OUR BODIES NEED TO MOVE TO STAY HEALTHY! YOU DON'T HAVE TO GO TO THE GYM OR HAVE FANCY EQUIPMENT. ANY ACTIVITY THAT GETS YOU MOVING THROUGH THE DAY BRINGS YOU ONE STEP CLOSER TO GREAT HEALTH!

1. BUILD ACTIVITY INTO YOUR DAY

Take the stairs. Park your car farther away and walk. Walk to another floor to use the bathroom. There are many ways to stay active and every step counts!



2. EVERY 30 TO 60 MINUTES GET UP AND MOVE!

Stretch, stand up to work or go for a short walk. Moving increase the circulation to your brain, heart and muscles!

3. TAKE A BRISK WALK FOR AT LEAST 30 MINUTES EVERY DAY.

Aim to do a brisk activity such as walking for 30 minutes every day to stay healthy. Can't do 30 minutes at once? Break it up into smaller chunks like 10 min at a time! Every minute counts!



4. TRY A WEEKLY GROUP EXERCISE CLASS

Try a group class that you enjoy such as Zumba, yoga, tai chi, dance, cycling, chair exercises and more! Classes are a great way to stay accountable!

5. ADD MOVEMENT INTO YOUR SOCIAL TIME WITH FRIENDS AND FAMILY.

Go for a walk. Plan a family bike ride or active game. There are many ways to stay active with others!



MEANINGFUL MOVEMENT HELPS REDUCE THE RISK OF CHRONIC DISEASE LIKE HEART DISEASE & DIABETES. IT ALSO REDUCES PAIN, KEEPS YOUR LUNGS HEALTHY AND MORE!