








Make exercise the best part of your day!

-  **BEAT BOREDOM** by rotating between two workouts.
-  **KEEP IT SOCIAL** by inviting friends and co-workers to join you.
-  **USE TECHNOLOGY** to connect to new exercise moves.
-  **EXPLORE TRENDS** such as dance, martial arts or boot camp.
-  **LOOSEN UP AND STRESS LESS** with yoga or stretching.

Use *Be Well SHBP* resources for help to achieve your goals!

- Join a **Green Day** or **5,000 Steps Challenge** to track your steps and fitness level.
- Schedule a **well-being coaching call** for personalized support to meet your goals.
- Choose a goal to track as part of the **RealAge Program**.
- Earn well-being incentive points when you complete a challenge, RealAge Program, or coaching call!

Visit BeWellSHBP.com/exercise to learn more.

Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.

