

Get Moving Outside

In warmer months, skip the gym and look for ways to exercise outdoors. Most activities are free, and they're a great way to enjoy being active.

Here are a few exercises to get you started:



Walking or running



Riding a bike



Gardening and yard work



Team sports



Explore the outdoors and track your fitness through the Sharecare app. For more tips on how to remain active, visit **BeWellSHBP.com** or call **888.616.6411**.