



APRIL IS
**MOVE MORE
MONTH**

Easy Ways to Move More Every Day:

- **Break up long periods of sitting – Stand and stretch every hour.**
- **Aim for 10,000 steps per day – Start small and gradually increase your activity.**
- **Find fun ways to move – Dance while cooking, play a sport, or take the stairs instead of the elevator.**
- **Commit to just 20 minutes of aerobic exercise daily – Walk, jog, bike, or do bodyweight exercises.**
- **Join a movement challenge – Track your steps, invite friends, and make it a fun competition!**

Your Health Starts with One Step!

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