ACTIV LIFE PRESENTS

Work Wellness

ADDING WELLNESS BREAKS INTO A BUSY SCHEDULE

WHY IT MATTERS

Keeps blood flowing, prevents fatigue and supports brain function.

QUICK WINS

- Shoulder rolls
- Ankle circles
- Standing stretches

TRY THIS NOW

1-minute marching in place.

DAILY CHALLENGE

Stand and stretch every 30 minutes.

Activ Life's *Work Wellness* program is designed to give employees short, impactful daily practices for improving circulation, moving more, reducing stress, eating healthier, and maintaining mental clarity.

Sessions are practical, interactive, and require no special equipment. Participate in real time for greater engagement. Share what's working for you, and take on the Daily Challenge for lasting results.

Wellness that works — right at your desk.
Questions? Contact sarah@theactivlife.com

@THEACTIVLIFE
WWW.THEACTIVLIFE.COM