ACTIVE LIFESTYLE KICKSTART!

What's one of the best things you can do for your overall well-being?

Get moving! You DO have time for physical activity, and it doesn't require a gym membership.



Socialize On the Go Pick an activity instead of a restaurant next time you socialize. Hiking, biking, or a physical video game.



Work out
With a
Watermelon.
Then

hydrate With jwicy slices!



Keep Track
Set goals and enter your
daily info into a journal.
Or, sync a fitness watch
to an activity tracker.



Try a New Activity
Learn something new to
keep exercising exciting.
Sign up for dancing,
paddle boarding,
or an athletic team.



Be Mobile at Work Stand while making phone calls, walk when planning, and make office visits instead of emailing.

Get Creative!

Avoid the sweat and go for a swim. Play with your kids. Build strength at home — household items, like canned foods, make perfect weights!



