



MOVE BETTER. FEEL BETTER.

Life can bring a variety of stressors. And excessive stress not only affects your health, but can also interfere with productivity and concentration at work. This month, we want you to keep up your healthy habits and continue to improve your overall well-being.

Take advantage of the sunshine, which provides healthy vitamin D. Get some fresh air and step out of the office. Whatever your activities, set a daily reminder and keep yourself moving toward a healthier life.

- Try deep-breathing exercises.
- Play a game of catch with a friend during lunch.
- Take an extra lap around the office.

Stay on track with your new healthy habits by downloading [this month's calendar](#).