# Vitality®

we're in this **together**

5

WAYS TO REBOOT YOUR EVERYDAY EXERCISE

Give Your Health a Reboot

Eat healthier, stay active, cut stress, get a good night's sleep. In these uncertain times, staying as healthy as possible is essential for all of us. While sticking to a healthy routine with new daily challenges is tough, perhaps a new habit or behavior you start now will become permanent. Success means setting doable goals and breaking them down into reasonable steps. We know we should get five servings of fruits and vegetables daily, what other "5 a day" activities could we do?

MOVE BEFORE BREAKFAST

#1
A short walk using social distancing or stretching at home can make a difference in your mood and may help burn more body fat.
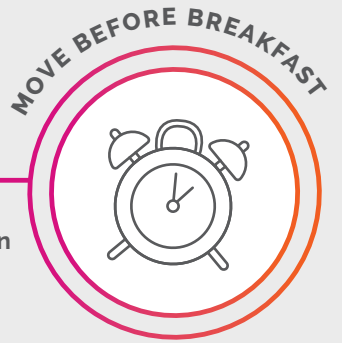
GET MORE STEPS

#2
How about aiming for 8,000 a day? Keep your fitness device or app charged and ready to go.

BUILD MUSCLE

#3
Try completing 10 to 15 push-ups at home. You could modify and do them on your knees or against the wall.

TAKE "FIT" A WEEK AT A TIME

TODAY IS
1

#4
If you set your physical activity goals week-by-week, you'll have more success.

EYE THE PRIZE

#5
Think of the Vitality Points you earn for a Light, Standard or Advanced Workout and the rewards they bring.