



Get **onboard** with **Onlife**
HEALTH

Think you're too busy for exercise... think again. Exercising in three, 10 minute bouts is just as effective as one 30 minute session. Try these ideas to help fit exercise into your busy day.

- **Park a few blocks away from work and walk in.**
- **Walk during your breaks and at lunch.**
- **Do push-ups, sit-ups or stretch at your workspace or wherever is safe.**

Want more tips on exercising? Onlife Health can help you. Our Health Coaches are trained professionals who are here to assist you with your health goals.

This is a **free benefit from your employer that could change your life.**

Call 866-292-7302

or log on to www.OnlifeHealth.com for details.