

# 5 Tips for Improving Your Wellness

Wellness doesn't need to be a huge commitment to be effective. Doing little things here and there can amount to great benefits if you keep them up. Consider the saying, "You get out of something what you put in." This is especially true when it comes to your health and wellness. Here are five simple ways to add wellness to your routine.



# 1

## Walk Around

- Don't just take a break at your desk. Go for a walk, stand or do some light stretches. Getting your blood pumping will help stimulate your brain and prevent muscle fatigue from sitting all day.



## 2

## Take the Stairs

- If you have an elevator, forget about it! Taking the stairs is a great way to raise your heartbeat and improve your cardio. If that seems too intimidating, consider taking the elevator one floor lower than you need to and take the stairs the rest of the way. Climbing one flight of stairs is better than nothing when it comes to your wellness.



## 3

## Go to the Doctor

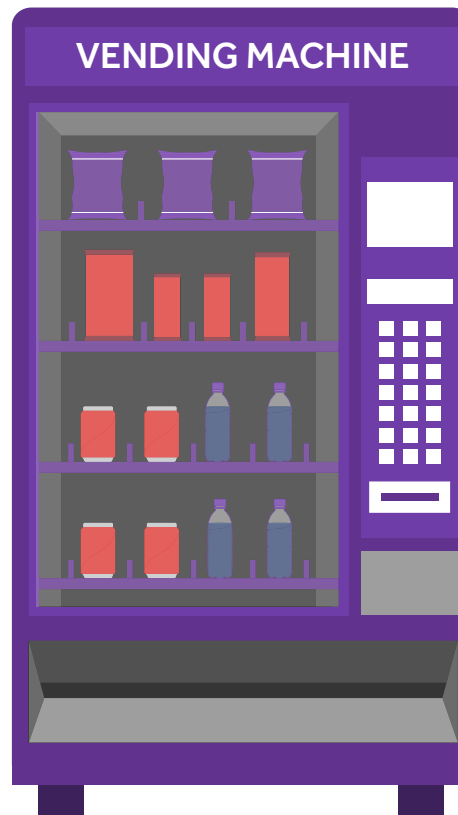
- Doctor visits are important, especially if you haven't been in a while. It's recommended that you visit a doctor at least once a year for an annual checkup. Doing so will help catch health problems before they become more serious.



## 4

## Pack Healthy Snacks

- Consider bringing healthy snacks to work even if you don't normally pack a lunch. Having healthy snacks on hand will save you from the sugary fare typically found in vending machines. If you need a snack during the day, it's easier to turn down something sweet if you bring an alternative.



# 5

## Quit Smoking

Unlike the other wellness tips, this one requires a lot of work. However, quitting helps add years to your life span, so it's certainly worth it. Quitting smoking is one of the hardest things a smoker can do, but it is also the only option if you want to live a long, healthy life.

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### Find out more

Speak with us to learn more about all the resources available to help you.