When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides -- in your physical health, mental health, stress levels, sleep, productivity, relationships and more.

DID YOU KNOW?!
- 10 minutes of stretching is like walking the length of a football field.
- 2.5 hours of walking every week for a year is like walking across the state of Wyoming.
- 30 minutes of singles tennis is like walking a 5K.
- 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis.
- 20 minutes of vacuuming is like walking one mile.
- 30 minutes of grocery shopping every other week for a year is like walking a marathon.

Preperation is Key! Take time to shedule workouts into your week. Having a plan keeps you accountable. Set 3 activity goals each week.

Exercise can improve Chronic Pain! Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.

May offers a variety of National Health Observances. Here are a few to check out!
- Arthritis Awareness Month
- Better Sleep Month
- Employee Health & Fitness Month
- High Blood Pressure Education Month
- Mental Health Month
- Stroke Awareness Month
- No Tobacco Day