



EXERCISE

FOR YOUR IMMUNE SYSTEM

How to begin?

30-minutes: Aim for 30 minutes of physical activity (outside of regular job duties) at least 3 days a week.

80 percent: Increase your heartrate by 80% during your physical activity for immune boosting benefits.

Remember, you can start small and gradually increase your activity. Here are a few tips for beginning to incorporate exercise in your daily life:

- Walk in-place or around the house when you're on the phone
- Take a walk during lunch break
- Use the stairs instead of the elevator
- Park farther away from the building
- Do simple stretches
- During commercial breaks: squats, lunges, push-ups, etc...
- Take hikes with your family and/or pet

SIGN-UP
for a 5 Bridges to
Wellness class for
more information on
boosting your
immune system.



IT'S TIME TO THRIVE!
**FREE HEALTH
COACHING**

TO LEARN MORE CONTACT:
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