

SEPTEMBER WELLNESS

FOCUS OF THE MONTH:

ADDING MOVEMENT INTO YOUR DAY



Continue active lifestyles of the summer into your fall schedule. During September, remember to incorporate movement into your daily routine. Here are some resources:

Between driving, sitting at desks and attending meetings, many people spend a majority of their waking hours sitting. There are simple tips you can implement to help you to move more throughout the day.

Click here to reach Fallon's website, and learn more about staying active:

[Sit Less, Move More](#)

Can you spare 2 minutes per hour for your well-being? New findings suggest that just 2 minutes of walking per hour can be beneficial to your health. It also adds steps to your daily total!

Click here to read more on BCBS's *ahealthyme* website:

[2-Minute Walk Every Hour May Help Offset Effects of Sitting](#)

Would you like to exercise in a fitness center, but are not sure where to go? Use this great tool from the Tufts Health Plan website to find a fitness center near you. Once you are on the resource page, click the "Other Services" blue box on the left, and use the drop-down menu under "Select a Service" to choose Fitness Centers.

Click here to begin:

[Find a Fitness Center](#)

Incorporating physical activities that include family and friends can make staying active fun. Ideas include joining your spouse or children when the walk the dog, becoming a member of a hiking club or joining your local YMCA to develop friendships with active people.

Click here to reach a link, offered through the Harvard Pilgrim website, to find additional ideas to help keep you active:

[Everday Ideas to Move More](#)
