



**Reducing sedentary behavior**

“Sitting disease” is a term now being used to illustrate how a sedentary lifestyle is dangerous for your health. By adding movement to your
day you can improve your health and reduce
 your risk of certain diseases.

Your Employee Assistance Program can help with:

* Articles on the benefits of exercise and easy ways to add exercise to your daily routine
* FAQs on strength training and water exercise
* Videos that show proper form for
many exercises
* Slide shows on stretching and back exercises

**CALL OR VISIT US ONLINE**

TOLL-FREE: **800-633-3353**

**www.mygroup.com**

USERNAME: **company specific**

PASSWORD: **guest**

Available anytime, any day, your Employee Assistance
Program is a free, confidential program to help
you balance your work, family, and personal life.

EMPLOYEE **Assistance** PROGRAM

**JUN. 2018**