



**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**